



HEALTH & WELLNESS

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The Best Resolutions for 2017

This list of 78 classic new year's resolutions is split into 6 different categories: Career, Self Development, Business, Relationships, Health and Life.

In This Issue

[The Best Resolutions for 2017](#)

[Your Career](#)

[Self Development](#)

[Business](#)

[Relationships](#)

[Health](#)

[Life](#)

[GotHealth? Tip of the Month](#)

Your Career

1. Give more effort at work.
2. Earn more money.
3. Change career paths.
4. Gain a qualification.
5. Find a job you're passionate about.
6. Achieve a promotion.
7. Work less hours.
8. Be able to retire.
9. Achieve employee of the month.
10. Be able to work from home.
11. Improve your productivity and efficiency.
12. Make friends within the workplace.
13. Improve your work mentality.
14. Be on time or early everyday.
15. Become a millionaire.

Self Development

1. Read more books.
2. Learn to embrace change.
3. Improve your confidence.
4. Pick up a new skill.
5. Cut out video games.
6. Control your anger.
7. Learn the art of meditation.
8. Watch less TV.
9. Improve your level of discipline.
10. Get out of your comfort zone.
11. Wake up earlier.

12. Learn to say "No".
 13. Start thinking more positively.
 14. Never give up on something you want to achieve.
 15. Conquer your fears.
 16. Commit yourself entirely to something.
 17. Look after your image.
 18. Invest in yourself more.
 19. Take advantage of more opportunities given to you.
 20. Become more independent.
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Business

1. Earn more profit.
 2. Become more ethical.
 3. Quit your day job.
 4. Build a website.
 5. Write a book.
 6. Expand to new locations.
 7. Expand to new countries.
 8. Write a business plan.
 9. Identify your long term goals.
 10. Work harder and for longer hours.
 11. Raise money for your startup.
 12. Start a business.
 13. Keep your business alive.
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Relationships

1. Make new friends.
2. Let go of the negative friends.

3. Find a partner.
 4. Spend more time with family.
 5. Start a family.
 6. Show your loved ones how much you care about them.
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Health

1. Quit smoking.
 2. Cut out alcohol.
 3. Put on muscle mass.
 4. Lose weight.
 5. Make time to relax.
 6. Improve strength.
 7. Take up a sport.
 8. Quit eating fast food.
 9. Drink more water.
 10. Eat healthily in general.
 11. Exercise at least 3 times a week.
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Life

1. Find a new hobby.
2. Meet new people from different countries and in different age groups.
3. Go out and have more fun.
4. Do something new each day.
5. Move to a new house.
6. Migrate to a different country.
7. Improve your social life.
8. Save more money.
9. Pay your bills on time.

10. Look after your belongings better.
 11. Break a world record.
 12. Become an adrenaline junkie.
 13. Go traveling.
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GotHealth? Tip of the Month



gotHealth?

Tip: It is possible to accomplish more than one resolution per year – just focus on making your goals feasible and achievable and there's no telling how many you can cross off the list!

STAY CONNECTED

