



# New Year's Resolutions Checklist For Marketers

Project Name: \_\_\_\_\_ Date: \_\_\_\_\_

Yes No

*New Year's resolutions are promises that people make to be better versions of them. Everyone makes such promises on the first day of the New Year as New Year is like a blank page, which needs to be filled with aims and goals. These goals are important in polishing one's self and making life more comfortable than it was the previous year. As they'll have long-term effects on your life, so you have to make them carefully and whole-heartedly!*

- |   |   |                          |                          |
|---|---|--------------------------|--------------------------|
| 1 | Get fit<br><i>The most important resolution to make for the well-being of you is to get the body in shape. Make a promise to exercise daily and get that sloppy body in shape.</i>        | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Money management<br><i>Promise yourself that you'll save the money instead of wasting it. As it will become helpful in the future and you'll thank yourself for making this decision.</i> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Spend more time with family<br><i>Spending quality time with your family should be your priority because these are the people who matter and are related to you by blood.</i>             | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Learn something new<br><i>Aim for learning new and exciting stuff the following year, like learning to play basketball or to swim. It's totally up to your choice.</i>                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Develop a hobby<br><i>Stop wasting your time by sitting idle and develop a hobby that interests you.</i>  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Avoid procrastination<br><i>Abandon this barrier, blocking your way to success as soon as possible.</i>   | <input type="checkbox"/> | <input type="checkbox"/> |

Notes



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|----|---|--------------------------|--------------------------|
| 7  | Contribute towards charity<br><i>Be benevolent and spend money on the poor.</i>                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | Become organized<br><i>Stop being messy and organize your time table and everything will get fixed eventually.</i>  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | Eat healthy<br><i>Stop eating junk and start eating healthy food.</i>   | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Stop social media addiction<br><i>Put down your phone for a while and stop being so obsessed with social media.</i> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Be motivated<br><i>Do every task with full heart and motivation; that's the only way you will succeed!</i>          | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Spend less time talking and more time doing<br><i>Stop gossiping and turn things around to get what you want.</i>   | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | Become proactive<br><i>Take charge of whatever you're doing and go ahead with it.</i>                               | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 | Travel more<br><i>Travel around the world and explore new things.</i>   | <input type="checkbox"/> | <input type="checkbox"/> |
| 15 | Start recycling<br><i>Contribute towards decreasing climate destruction by recycling stuff.</i>                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 16 | Become kind<br><i>Avoid using harsh words on others and become kind.</i>  | <input type="checkbox"/> | <input type="checkbox"/> |
| 17 | Plant trees<br><i>Make the environment clean by planting trees and greenery.</i>                                    | <input type="checkbox"/> | <input type="checkbox"/> |

Notes



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18 Take better care of yourself

*Make yourself a priority and take care of your sleep and health. Be strong!*

 

Notes