



2019 Resolutions



50 AWESOME IDEAS



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CHECK-OFF WORKSHEET

5 RESOLUTIONS 50 AWESOME ACTS

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RESOLUTIONS & ACTS

1

RESOLUTION - SPEND MORE TIME WITH FAMILY AND FRIENDS

Family does not only mean immediate, it means anyone you consider family, pets included :).

- 1. Take mom, dad, nana, abuelo, yaya out for coffee, drinks, just to catch up, talk about how they're doing.
- 2. Take your dog, cat, piglet on a date. Give them extra love and treats. No pets? borrow :)
- 3. Invite your sisters, bros, besties over, stay up all night, watch movies, eat ice cream and talk about everything you haven't caught up on lately #adultsonlysleepover
- 4. Start a new tradition with your family, Family Baking Cookie Day, or Pumpkin Design Contest Day.
- 5. Donate as a family to a cause/charity in your area, visit www.eventbrite.com or www.masterplanneronline.com
- 6. Set a TV date with the family to watch a show together. I'm all about #GOT this year.
- 7. Pick a day of the week, when the whole family makes a meal together. Make it fun by naming it Pizza Sunday, Taco Tuesday or Waffle Wednesday.
- 8. Pray as a family daily or weekly, for each other and others in your life. To strengthen your faith as a family.
- 9. Have a family day 1X month, where you go do something that costs nothing and leave the cell phones at home. Try riding bikes in the park, go to a free concert or play volleyball in your backyard. Bring your actual to take a pic for this act.
- 10. Choose a day in the year to remember loved ones that passed away. Tell stories of your favorite memory, light a candle in their honor or make their favorite food and enjoy.

2

RESOLUTION - CREATE MORE MAGIC IN MY YOUR LIFE

I believe doing things out of the ordinary can spark a little extra magic in your life. I live for magical moments!

- 1. Do something unexpected for someone. Buy your co-worker coffee or send bestie/bf a pizza to the office.
- 2. Give someone a hug, everytime they say a word you pick, like "unicorn" for a day.
- 3. Go on a picnic to the park, make sandwiches, bring fruit and just people watch.
- 4. Dance crazy in your living room one day, just because.
- 5. Send someone, your mom, friend, teacher, a handwritten letter about how special they are to you.
- 6. Buy a birthday cake and celebrate LIFE ☐! Remember to buy candles.
- 7. Jump on your bed for 5 minutes and just laugh.
- 8. Let \$1 or any amount go in the wind for destiny to take care of.

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2

RESOLUTION - CREATE MORE MAGIC IN MY YOUR LIFE - CONTINUED...

I believe doing things out of the ordinary can spark a little extra magic in your life. I live for magical moments!

- 9. Pick a Tee in your wardrobe that sparks JOY #mariekundo and wear it just cause.
- 10. Volunteer at least one day to help a local food bank, animal shelter or anything you feel passionate about.
- 11. Write 12 (or more) thoughtful love notes for your spouse, boyfriend, or partner on small stickies/stationary. Then fold and hide them in places they will find randomly and be reminded how much they mean to you.
- 12. Buy yourself flowers at least once and admire their beauty.
- 13. Pray for a stranger, someone you spoke to at the coffee shop, the homeless person on the street or anyone you feel needs prayer. Everyone could use the extra blessings of prayer.
- 14. List 10 places you would like to visit in your are, then close your eyes, point to anyone, go there for the day and enjoy the adventure.
- 15. Get out of this world. Find a park or event where you get to look up at the stars and just gaze in amazement.

3

RESOLUTION - START HEALTHIER HABITS

Starting healthier habits does not need to be a chore. Try these FUN resolutions and start those healthy habits!

- 1. Start a 30 Day Exercise Challenge. My hubby and I have set a goal to workout 30 minutes daily, start date TBD.
- 2. Try to eat at least 1 veggie a day .
- 3. Learn to cook one new recipe (#outsideyourcomfortzone) with new ingredients to expose yourself and family to new flavors, cultures and cooking methods.
- 4. Make a green smoothie at least 1X+ a week to get in 5+ servings of fruits and veggies a day.
- 5. Don't always think of exercise as boring, find new ways to get your 30 mins daily. Schedule a walking tour, those NYC blocks are pretty long or anything that gets you moving. #getcultured #getfit

4

RESOLUTION - CHALLENGE YOURSELF

Let's try something new this year and grow from it!

- 1. Set 1 fitness goal you can work towards this year. Be specific. This year 5K #bubblerrun2019 for me!
- 2. Try a new type of fitness class you've never taken before. Invite family and friends. This year #PiYo!
- 3. Read at least 1 book this year, cover to cover. I'm reading #becoming #mustread by Michelle Obama.
- 4. Learn a new skill, take a salsa class, learn a new language, learn to play the piano, learn to make sushi.
- 5. Try a food you think you hate again. Love Greek, don't like Dolmathakia, will definitely try again this year.
- 6. Visit a new place in your town, state, or abroad.
- 7. Set a time to go to sleep and stick to it for 1 week. See how you feel, you may more this year #nice

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4

RESOLUTION - CHALLENGE YOURSELF - CONTINUED...

Let's try something new this year and grow from it!

- 8. Save \$5 a week, for an entire year (set to automatic from your checking account or stash in piggy bank), you'll have \$260 by the end of the year for whatever, you please. Save more if your feeling #baller.
- 9. Set a Financial Plan for the year. You can save, budget or invest, set a goal, follow up on goals 1X a month.
- 10. Purge. After seeing Tidying Up with Marie Kondo on #Netflix you may find the need to just burn and/or throw away everything you own... BUT DON'T! Like Marie advises, keep items that spark JOY and THANK the items you no longer need. Remember to donate items so it can bring JOY to someone else. Try to purge 1 room a month for the next year.

5

RESOLUTION - FIND WAYS TO BE KINDER

The world can use more kindness, so lets add to this cause every day.

- 1. Remember to hold the door or elevator for strangers, just because.
- 2. If someone does something nice for you, pay it forward with kindness at least once this year. Meaning, do something nice for someone else because you want to, not have to.
- 3. Pay for someone's breakfast or coffee at the drive thru, maybe the car behind you if the moment strikes. You may just make someone's day.
- 4. Listen, to someone, family, or friend. Don't talk, just listen.
- 5. Text a friend you don't see that often funny or inspiring message (include insane amounts of emojis) every month. Remind them you still think of them even if they are far away.
- 6. Let the person with one or two items go before you when standing in line to pay. Make someone's day!
- 7. Support a local business in your community or online. Shop for gifts or everyday items at a small business at least 4X this year, this way you give back and help someone grow their passion. Check out Etsy.com.
- 8. When you see a couple or family struggling to take a selfie, offer to take the picture for them.
- 9. Write a positive post to share on social media, include your favorite quote, a joke or action that sends positivity into the world!
- 10. Help someone you see struggling with something, whether it's an elderly person with their groceries or bro/sis who needs help with homework.

HOW CAN I JOIN #BLOOMRESOLUTIONS2019?

1



Take a picture/video of each act.

2



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Tag @bloomwyapblog

3



Post to IG
(Instagram)

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