

# **BEST**

## **NEW YEAR'S RESOLUTION IDEAS**

Visit a friend in hospital

Lend some cash to your friend who is on an economic hardship, with no expectation of return

Take a friend – who never exercises – for a workout session even if it is a 20 min one

Help that friend of a friend who you don't necessarily fancy

Invite a friend – who eats badly – for a healthy bite

Invite a friend for a surprise "dance night out"

Help a friend find a better job by either mentor him or making introductions.

Invest money or time into a friend's new venture

Teach a young friend the importance of saving money

Show an alcoholic friend you can stop drinking for the whole new year

Book more time out with friends – less time on the couch

Show a friend how to save more water or electricity

Invite a friend to discover with you a new neighborhood or city

Sing "happy birthday" to a friend who didn't expect you to remember her birthday.

Offer a massage to a friend after a stressful day

Make a list of things you no longer use at home and invite friends to use them if they wish

Travel to that place you always dream of with a friend

Volunteer at your friend's new project

Make a donation on your friend's charity organisation

Hire a friend to help you improve your second language

Give a genuine compliment to a friend's physical imperfections

Quit your job and start a new business with a friend

Quit your job and join your friend's business

Send a real letter to that amazing friend that you have not seen in ages

Invite a friend to join you on a sustainable day. "No plastic day" "no car day" etc

Invite a friend for a surprise "karaoke" night out.

Go out naked with a friend on a rainy day, skinny dip in the ocean, river or lake

Reveal to your friend you have fallen in love with him/her

Hire a friend to teach you how to play an instrument

Invite a friend to live with you for a season

Mentor a friend

Invite a friend to mentor you

Enroll a friend into a course

Donate a weekend of your time to help a friend build her house or complete her renovation.

Share the comfort of your house with that friend who might not have it

Buy something second hand from a friend

Build your natural high with a friend: less coffee more meditation sessions