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# Five Good Habits to Start the New Year



by [Linda Drevenstedt](#)

1. **Unplug more.** The world has become addicted to electronics. This year plan to unplug at night before you go to be and don't keep your cell phone at the bedside, unless you have a REAL pending family emergency. When you have dinner with anyone, shut the phone off. Pay attention with true mindful attention to the person(s) you are with.
2. **Get some rest.** Starbucks<sup>®</sup> or Red Bull<sup>®</sup> can't replace sleep. Your body, especially your brain, needs rest to function properly. Turn off the TV and electronics and read quietly to help you doze off. Listen to a meditation app. Find an inspirational book and read a page or two before you close your eyes. OR, start a gratitude journal and make your daily entry the last thing you do before you close your eyes. Lack of good sleep can make you cranky, quick tempered and fog-brained.
3. **Make a nature walk** with someone you love part of your weekly exercise. Even in foul weather, bundle up, get your snow shoe attachments and head out into nature. Again, turn off the cell phone and reconnect with our awesome planet.
4. **Plan a creative adventure.** Every week or at least every month, plan a new adventure. Find a new restaurant; look for a new art gallery; attend a play, a concert, or a museum, visit a garden or some local attraction that you have not experienced. Studies show that getting out of our ruts and doing new things feeds our creative self. You'll suddenly see a new way to solve a challenge you have at work by experiencing a creative venue.
5. **Be kind.** Road rage, political upheaval, cranky service providers – you can always find something to complain about these days. We live in an over stressed society. It is quite cool to be stressed it seems. However, look to change your default to kindness and compassion. I love this Compassion Exercise from Happy Palmer:

*Just like me, this person is seeking some happiness for his/her life.*  
*Just like me, this person is trying to avoid suffering in his/her life.*  
*Just like me, this person has known sadness, loneliness and despair.*  
*Just like me, this person is seeking to fulfill his/her needs.*  
*Just like me, this person is learning about life.*

Wishing you a fabulous 2017. Plan your year with my [You, Inc. Goal Setting Guide](#). You can download it [here](#). Share the link with your friends and family.

