



APPLICATION GUIDE, MARCH 2023

EPISODE 129: 7 WAYS TO HAVE A GREAT YEAR...STILL

It is that time of year when many of us cringe at the words “New Year Resolutions.” Well, we have GOOD NEWS for you. It is not too late to have a great year!!! In this episode, Kevin Geer and Justin Stewart discuss 7 practical ways to have a great year...still.

7 WAYS TO HAVE A GREAT YEAR...STILL

1. MAKE A NEW FRIEND

- People are waiting for someone to say, “be my friend.”

2. PLAN A VACATION

- Do something to disconnect.
- Visit a new state.
- Visit a National park.

3. START A NEW HOBBY

- There is great joy and fun in learning something new.
- Builds self-confidence.

4. SET THREE GOALS

- It gives you something to look forward to and pursue.
- Forward momentum instead of reactionary life.

5. VOLUNTEER

- When you make life about more than just you, you will live a fuller life.

6. REDO A ROOM IN YOUR HOUSE

- It brings life, new perspective.
- You will smile more in that room.

7. CUT YOUR MEDIA BY 1/2

- What will you do with all the time?
 - You won't be overwhelmed.
 - You won't be as tired.