

MY "21 FOR 2021" LIST

MY WORD OF THE YEAR IS _____

Tired of making New Year's resolutions? Looking for a new, creative way to identify your aims for 2021? Try making a "21 for 2021" list! List twenty-one things you'd like to do by the end of the year. These items can be easy or ambitious, one-time undertakings or habits that stretch for years. There's no one right way to make your list—just think about what you want the new year to hold. Onward!

- ☐ 1. _____
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- ☐ 3. _____
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- ☐ 19. _____
- ☐ 20. _____
- ☐ 21. _____

Share your progress by using #21for2021 and tagging @gretchenrubin and @lizcraft on social media. Subscribe to the *Happier with Gretchen Rubin* podcast in your favorite podcast app.



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