

Your New Year Renewal Guide

5-PAGE GUIDE TO SUPPORT YOUR JANUARY RESET



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RENEWAL, NOT RESOLUTIONS

Trust that you don't need to *reinvent* yourself in the new year. You don't need impossible resolutions or a rigid list taped to the fridge. *Renewal* begins in a simpler place. Choosing renewal is believing there's already something inside you that just needs tending to.



So, as the new year begins, think about working to come back to yourself. This won't require endless energy or time. Renewal lets you build from where you actually are, not where you think you "should" be. Before you move into the next pages, pause here and ask yourself:

What would make me feel more like myself again? _____

My first instinct about renewal this year is: _____

The secret of getting ahead is getting started.

– MARK TWAIN

WHAT YOU WANT MORE/LESS OF

Renewal isn't about diving into the deep end. It's about intention. It often starts with noticing what you want more space for. And what you're ready to release. These prompts will help you begin:

This year, I want more of * _____ * _____
* _____ * _____ * _____

This year, I want less of * _____ * _____
* _____ * _____ * _____

In one sentence, the tone I want my year to have is: _____





"Small changes compound in the most remarkable ways."

– UNKNOWN

RENEWAL

Renewal isn't a resolution in disguise.

Resolutions push forward.
Renewal circles back.

It's about restoring before rebuilding. Tending, not demanding. Refreshing, not overhauling.

When we choose renewal, we align with a rhythm that already exists. One that clears space, strengthens what remains, and allows what's next to emerge in its own time.

Use the space on the right to think on and identify a few truths from your past year.

What worked for me last year:

What felt heavy or draining?

What surprised me about myself?

One thing I'm proud of making it through:

A SMALL, SUSTAINABLE RESET PLAN

Forget dramatic overhauls.
Renewal is built on tiny,
repeatable choices. Choices
that improve your days,
without exhausting your life.

Use these prompts to sketch
your sustainable reset:

**One wellness shift I can
realistically make: (e.g., 10-
minute walks, earlier bedtime)**

**One relationship I want to
nurture more intentionally:**

**One curiosity or spark I want to
explore this year:**

**One simple ritual that will
ground me: (e.g., nightly tea,
books vs. scrolling, etc.)**





“Create a life you love.”

– LIFETICITY

This isn't a fluffy affirmation. It's a grounded reminder. It's something you can return to when life gets busy or heavy.

Write a sentence that captures what you're choosing this year. Not a promise. Not a resolution. A direction. A reset that points you firmly in the direction you want to be heading.

My Renewal Affirmation:
I am choosing to . . .

_____ this year.

Put this somewhere you'll see it often. Your bathroom mirror, your planner, or your phone wallpaper. Let it be your compass.



Feel like you've lost your Spark?

The 20-page **Spark Planner** will help you rediscover what lights you up in your relationships, career, and wellness journeys.

No pressure, but when you're ready, The **Spark Planner** is here for you.



Check it out