

# 6 LESSONS EVERYONE CAN LEARN FROM THE LUNAR NEW YEAR

Adapted From Thrive Global

## TIDY UP

TAKE THE TIME TO RESTORE ORDER IN YOUR HOME, CLEARING OUT THE OLD IN ORDER TO MAKE ROOM FOR THE NEW.

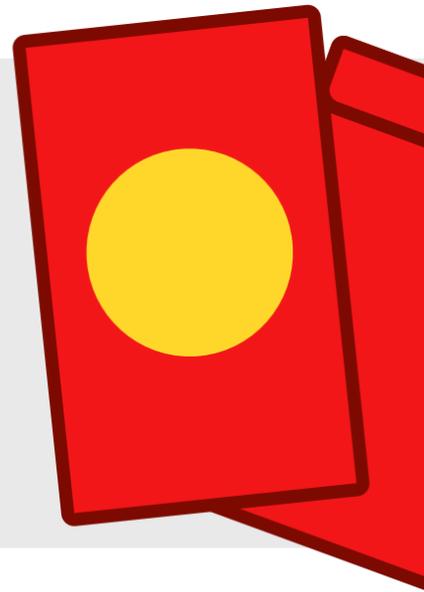


## TREAT YOURSELF RIGHT

NEW YEAR'S IS QUITE POSSIBLY THE BEST TIME TO CULTIVATE A NEW YOU. NOW IS A GREAT TIME TO CHOOSE A SMALL, ACTIONABLE STEP TO MAKE MEANINGFUL CHANGES IN YOUR LIFE.

## PUT FAMILY FIRST

THE NEW YEAR MARKS A GREAT TIME TO RECONNECT WITH FAMILY NEAR AND FAR, YOUNG AND OLD, AND LET THEM KNOW YOU'RE THINKING OF THEM. EVEN IF ONLY VIRTUALLY



## GIVE GENEROUSLY

IT IS GIVING SEASON, BUT GIFTS DO NOT HAVE TO BE MONETARY. MAKE AN UNEXPECTED GESTURE TO SOMEONE YOU LOVE, OR PAY IT FORWARD BY DONATING TO THOSE IN NEED.

## PAY YOUR DEBTS

TAKE THE NEW YEAR AS AN OPPORTUNITY TO REPAY ANY LOANS OR FAVORS YOU MIGHT OWE TO RING IN THE NEW YEAR FREE FROM ANY OUSTANDING OBLIGATIONS



## KNOW WHEN TO TAKE A BREAK

TRADITIONALLY, CLEANING AFTER THE NEW YEAR RISKS "SWEEPING OUT THE GOOD LUCK" ALONG WITH THE BAD. TAKE THE TIME TO SIT BACK, RELAX, AND ENJOY YOUR PEACE

