ShareLife

NEW YEAR'S RESOLUTION:

Simple Ways to Get Organized in 2023

FOR YOUR FAMILY:

- Write birthdays, anniversaries, school or work vacation days, holidays you celebrate, and other important dates in your planner or phone.
- Start organizing receipts and gathering necessary tax documents in January and February so you're not rushing to meet the April 15th deadline.
- Make yearly appointments for the family (doctor, dentist, orthodontist) and set reminders.
- Improve your physical and financial health with meal planning – it prevents wasting expensive food and can improve your eating habits.
- Identify and donate gently used clothes, books, games, and household goods your family doesn't want or need.

FOR YOURSELF:

- Clear out your email inbox and your computer's hard drive (back up the important stuff first). Put old downloads and files you don't need into the recycle bin.
- Declutter your workspace. Get as much stuff off your desk (and onto shelves) as possible.
- Prioritize your emotional well-being and ask for help if you struggle with grief, depression, or anxiety.
- Check your car's maintenance schedule and make an appointment if needed. Regular oil changes, tire rotation, and other routine maintenance keep you safer and could avoid costly breakdowns.
- Review or implement estate planning documents. Regardless of age or health, every adult should have a plan that includes a will, a healthcare surrogate, funeral prearrangements, and other end-of-life documents.