Blog Post: New Year’s Resolution Ideas

It’s that time of year where we are all trying to think of a New Years resolution. The Store Room Preston site have come up with a few ideas – what do you think?

1. Start reading: Set yourself a goal of how many books you want to read that year, but make sure it’s realistic so you can keep it up throughout the year. You can find great Instagram accounts that recommend books to you if you are worried about not enjoying a book. You could participate in a book swap (online or offline), so you don’t need to keep buying new books, or you could go to charity shops to find new reads. Reading is a great way to help you wind down after a long day, and much better than looking at a TV or phone before bed.
2. Declutter: Over the year we all tend to allow a bit of clutter to build up in our homes. Some research shows that clutter can be bad for your health because it can make you stressed. Your New Years Resolution could be to set aside some time to declutter your home, or even just a certain part of your home (most of us have that one dreaded room that’s full of stuff!). Allow yourself to declutter, destress, and of course you can safely store any items that you want to keep but don’t have room in your house for, with us at The Store Room!
3. Reduce your waste: The average person in the UK produces roughly 392 kilograms of waste per year. Simple changes like using reusable shopping bags, reusable coffee mugs or water bottles, recycling where possible, avoid single-use food and drink containers and utensils, can make such a difference. Try to be more conscious of what you are consuming and how things are made (and therefore how they can be recycled).
4. Similarly, start buying sustainable clothing: Fast fashion is responsible for 10% of the global CO2 emissions each year, compared to air travel which produces only 2% of all CO2 emissions! You can buy second hand clothes from charity shops or Depop/Vinted (Second-hand clothing apps), or alternatively buy clothes made sustainably with sustainable materials, that will be long lasting.
5. Do something you have always dreamed of doing: This year could be your year to try something different. You could try and learn an instrument, a new language or even start the business you have always dreamed of. Our storage sites are brilliantly located for businesses, perfect for start-up/small businesses, and can grow with you.
6. Make healthier choices: A common New Year’s resolution is to lose weight or get fitter, but choosing to make healthier choices is perhaps a more realistic resolution. Many diets are great to help you lose weight, but they aren’t sustainable (I don’t know about you, but we could never give up carbs forever)! Try to create sustainable and healthier choices by drinking more water, joining an exercise class or sport, reducing the number of takeaways you get, reduce meat consumption.
7. Make a commitment to stay in touch with people: Over the past couple of years many people have felt isolated and receiving a message or a quick call from a loved one can make so much difference. Alternatively you could volunteer for a charity like Age UK where you can become a telephone befriender – to you it may be giving up 30 mins of your week, but to them it makes a massive difference and is something to look forward to.
8. Travel somewhere you have never been: This might be slightly more difficult to travel abroad at the moment, but there are so many wonderful places to explore in the UK. Or you could plan a trip further afield for later in the year. Whether you’re interested in natural beauty, history, or enjoying a few drinks, make sure you take some time out for yourself.