



# Get Back on Track!

## YOUR POST-HOLIDAY RESET

After the buzz of the holiday season, putting your life back on track can sometimes make the first month of the new year take twice as long.

A solid 2024 reset is more than making New Year's resolutions. Consider how you'll return the focus to your life and home with minor changes to make a big difference.

Getting your life back on track after the holidays can be tricky. To help, we've compiled a list of tips to help you push the reset button.

### 1. CLEAN UP AND CLEAR OUT CLUTTER

You don't have to wait until spring is in full swing to clean your home. Start fresh by tackling the post-holiday mess. Now is also the perfect time to [declutter](#). Go through your wardrobe, replace old gadgets with new ones, and ditch those cardboard boxes you've been clinging to all year long.

This is also a great opportunity to go through your holiday decor as you pack it away, and dispose of those broken ornaments, damaged lights, or worn out items you know you won't be hanging up next year.

### 2. MAKE TIME FOR YOU

While the holidays are all about giving to others, you can't pour from an empty cup. If the holiday season left you feeling drained, make a little time for yourself in the new year. Whether you need to tackle a personal goal like [rebuilding your credit](#) or simply want a few days to unwind with a good book, schedule time every day for yourself.

### 3. SET YOUR SIGHTS ON NEW GOALS

During the lull between the holidays and spring break, focus on achieving a few of your goals for the New Year, like completing a [home improvement project](#), learning a new skill, or revitalizing your garden.

Setting goals gives you direction and purpose. Write them down and break them into manageable steps. Remember, the toughest step is the first one!

### 4. WATCH WHAT YOU EAT

No, this doesn't mean the new year is necessarily a time to start a new diet. On the contrary, making sure you're [adding enough water](#) to your diet and eating your veggies every day is the best way to make sure your body is as healthy as your mind. [Farmers markets](#) are year-round in Texas and are a great way to stock up on fresh produce!

### 5. PLAN YOUR SUMMER TRIP

It's never too early to start planning your next great adventure. When you feel a little blue after the holidays, give yourself an emotional boost by planning your spring break or summer trip. From [swimming holes](#) to [beautiful beaches](#), the Lone Star State has no shortage of warm-weather vacation spots to sneak away for the weekend or take the family on a long road trip.

