

NEW YEAR'S RESOLUTIONS 2022

HOME IMPROVEMENTS

GUIDE & WORKBOOK



TABLE OF CONTENTS

01	Accomplish Small Tasks
03	How to Stay Motivated
04	Home Improvement Plan
05	Budget

ACCOMPLISH SMALL TASKS

Prioritize smaller, simpler tasks before tackling larger projects. Here are some easy tasks you can take care of around the house:



KITCHEN

- Unclog kitchen disposal
- Clean out refrigerator coils
- Update cabinet and drawer hardware
- Organize pantry
- Wipe down cabinets and appliances

BATHROOMS

- RegROUT/recalk tub, showers, and other fixtures
- Clear drains

BEDROOMS

- Shampoo/clean carpet
- Paint or update outlet and switch plate covers
- Vacuum and wash baseboards

GENERAL TASKS

- Restore power to dead outlets
- Clean out exhaust fans to prevent mold
- Replace or install weatherstripping
- Apply WD-40 to squeaky hinges
- Get HVAC professionally serviced

ACCOMPLISH SMALL TASKS



HOUSE EXTERIOR

- ☐ Double check downspout
- ☐ Flush out your water heater
- ☐ Check and clean gutters
- ☐ Maintain your roof
- ☐ Wash your siding
- ☐ Touch up exterior paint
- ☐ Fill in driveway cracks
- ☐ Clean off outdoor air conditioning unit
- ☐ Check for signs of critters
- ☐ Trim trees
- ☐ Weed or maintain flower beds
- ☐ Wash deck or porch

HOW TO STAY MOTIVATED

- Write down all your tasks or projects
- Break tasks down into smaller pieces
- Avoid procrastinating big or less enjoyable tasks
- Reward yourself when a task is complete
- Start with the small tasks
- Allocate time to accomplish a task and set a timer
- Display a picture of the intended outcome of your task for continued inspiration
- Don't try to do everything perfectly
- Visualize how you'll feel when your tasks are complete
- Hire a contractor



HOME IMPROVEMENT PLAN

Tasks/projects I'd like to complete:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

How I'm going to accomplish these tasks/stay motivated:

BUDGET

Expenses	Expected	Actual	Difference

