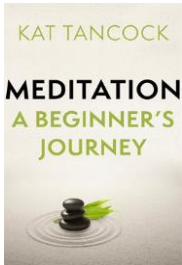


New Hobbies for the New Year

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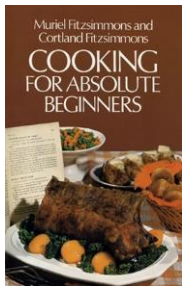
1. Meditation



Watch:

[How to Meditate: 6 Easy Tips for Beginners](#)

2. Learn to Cook



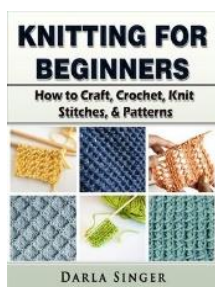
Watch:

[Cooking Basics: the FIRST Thing You Need to Learn](#)

[Gordon Ramsay Demonstrates Basic Cooking Skills | Ultimate Cookery Course](#)

[How To Master 5 Basic Cooking Skills | G. Ramsay](#)

3. Knitting



Watch:

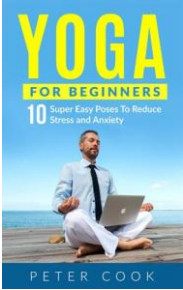
[How to Knit: Easy for Beginners](#)

4. Learn Sign Language



Watch: [25 ASL Signs You Need to Know | American Sign Language](#)

5. Yoga



Watch:

[10 minute Morning Yoga for Beginners](#)

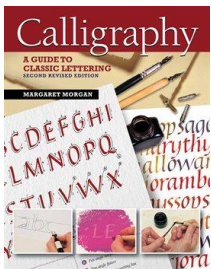
6. Financial Planning



Watch:

[How To Manage Your Money \(50/30/20 Rule\)](#)

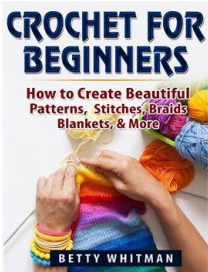
7. Learn Calligraphy



Watch:

[How To: Calligraphy & Hand Lettering for Beginners! Tutorial + Tips!](#)

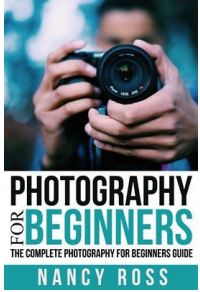
8. Learn to Crochet



Watch:

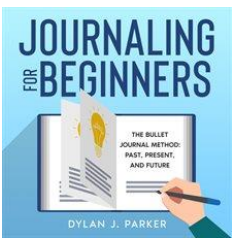
[How To Crochet | VERY SLOW DEMONSTRATION | Single Crochet Stitch](#)

9. Photography



Watch:
[PHOTOGRAPHY BASICS in 10 MINUTES](#)

10. Journaling



Watch:
[9 JOURNALING TIPS for beginners | how to start journaling for self-improvement](#)
