

# New Year Resolutions

YEAR: \_\_\_\_\_

NAME: \_\_\_\_\_

Resolution:

Actions to accomplish:



Resolution:

Actions to accomplish:

Resolution:

Actions to accomplish:



• Biggest goal or resolution:

Things to improve / add on / take care of:

PHYSICAL

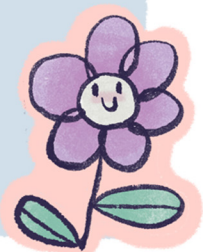
SOCIAL HEALTH

MENTAL HEALTH

WORK / CAREER

FAMILY / PERSONAL LIFE

HOME



FINANCIAL

HOBBIES/ FUN

SPIRITUAL

LEARN/ NEW SKILLS

OTHER



What do you envision for the coming year?

A large, empty rectangular area with a light pink background and a decorative scalloped bottom edge, intended for writing the answer to the question above.

Reflect  
on the  
year  
complete:

your biggest life lesson:

most memorable moments:



Thankful for:

Noteworthy  
Accomplishment:

Things to close-up before the year ends:



Instead of → try this

Micro-habits to start:



LETTER to self:



Draw / Scribble / Imagine!



# This year I resolve to:



start

save

build

keep

give

get

embrace

watch

try

reduce

believe

quit

let go

have

see

brave

eat

begin

learn

make

volunteer

create

explore

enjoy

grow

be

Happy New Year!