



NEW YEAR'S RESOLUTIONS CHECKLIST

Over 45% of Americans will make a New Year's Resolution and over half will have given up within six months. Don't let yourself be that statistic! Make a resolution, set realistic goals, and take small steps to achieve it. The first step is getting it down on paper and holding yourself accountable. And don't forget to reward yourself when small steps are met.

RESOLUTION #1:

Achieve by: _____

RESOLUTION #2:

Achieve by: _____

RESOLUTION #3:

Achieve by: _____

RESOLUTION #4:

Achieve by: _____

RESOLUTION #5:

Achieve by: _____