

# New Year's Resolutions



The New Year is a good time to reflect on the past year and think about what you would like to do next in your life. Reflect on the questions below. Then write down some actionable resolutions for the new year.

- What positive expectations do you have for this year?
- What would you like to do for the first time this year?
- What is the biggest challenge you expect to face this year?
- What changes would you like to make this year?

My New Year's resolutions are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_