

NEW YEAR'S RESOLUTIONS

A NEW YEAR'S RESOLUTION IS A PROMISE YOU MAKE TO YOURSELF AT THE START OF EACH YEAR. IT'S SOMETHING THAT YOU WANT TO DO OR CHANGE TO BECOME A BETTER VERSION OF YOURSELF, LIKE EATING HEALTHIER FOOD, SPENDING MORE TIME WITH FAMILY AND FRIENDS, BEING KINDER TO OTHERS, OR LEARNING A NEW SKILL. MAKING A RESOLUTION CAN BE FUN AND HELPS KEEP YOU MOTIVATED THROUGHOUT THE YEAR!

I WILL START...

I WILL STOP..

I WILL SHARE...

I WILL TRY...

I WILL BECOME...

