## NEW YEAR'S RESOLUTIONS 2021



| FUN/SPORTS |     | MY GOALS                                   |
|------------|-----|--|
|            |     | I want to travel to                        |
|            |     | and surf/swim in                           |
| MEDITATION | _   | I want to stop                             |
| MEDITATION |     | I want to try                              |
|            |     | (my new favourite type of sport) and       |
|            |     | (,   |
| HEALTH     | . – | I want to learn                            |
|            | 🗆   |  |
|            | 🗆   | I want to continue to                      |
|            |     | I would like to have                       |
| FRIENDS    |     |  |
| IRILINDS   | 🗆   | I would like to be                         |
|            | 🗆   |  |
|            | 🗆   | • I will be                                |
| FAMILY     |     |  |
|            | 🗆   |  |
|            | 🗆   | JUST ONE THING                             |
|            | 🗆   | JOST ONE THING                             |
| LEARNING   |     | WANT                                       |
|            | 🗆   | What I really want most of all in 2021 is: |
|            | 🗆   | •  |
|            | 🗆   |  |
| HELPING    |     | NEED                                       |
|            | 🗆   | The one thing I really need is:            |
|            | 🗆   | •  |
|            | 🗆   | and maybe:                                 |
| J O B      |     |  |
|            | 🗆   | SHARE                                      |
|            | 🗆   | What I will share in 2021:                 |
|            | 🗆   | •  |
| TRAVEL     |     |  |
|            | 🗆   | SUCCEED                                    |
|            | 🗆   | In 2021 I will succeed at:                 |
|            | 🗆   | •  |
|            |     |  |