

Resolutions

THAT RESONATE

What do I want to experience (more of) this year?

- Inner Peace
- Acceptance
- Fulfillment
- Creative Freedom
- Fun
- Romance
- Pleasure
- Abundance
- Joy



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What thoughts & beliefs support my goals?

All of me is worthy of -----
I am always in the right place at the right time
I expect great things to happen
I am wanted and lovable
I express my best
I am in alignment with universal flow

Add your own:



What habits can help me achieve my goals?



- Socialize, network, cultivate friendships
- Exercise I most enjoy
- Tell the truth – with kindness
- Heart-to-heart conversation
- Do 1st things first, 2nd things second
- Celebrate completing tasks on time/early
- Recharge – meditation/downtime
- An attitude of gratitude
- Learn new information & skills

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