

MY
2023
Resolutions

STOP

in 2023 I will stop:

START

in 2023 I will start:

WANT

what I really want in 2023 is:

IMPROVE

what I will improve upon in
2023:

LEARN

what I would like to learn in
2023:

TIPS:

1. Start small and be realistic. Make resolutions you think you can keep.
2. Talk about them. Tell friends and family who can keep you accountable.
3. Track your progress. Each success will help keep you motivated.
4. Don't beat yourself up. No one is perfect and obsessing over the occasional slip up won't help. Try to have fun with the process.