



NEW YEAR'S RESOLUTIONS

Name



Year

Habits

To build

- Drink 8 glasses of water ☐
- Exercise (30 minutes) ☐
- Meditation/Relaxation ☐

To drop

- Drink 8 glasses of water ☐
- Exercise (30 minutes) ☐
- Meditation/Relaxation ☐

My focus this year



Personal goals



What I'm inviting in



Career goals



What I'm letting go of



Notes