

YOUR

2022

RESOLUTION GUIDE

Ask Yourself

What would I do if there
was no way to fail?

6 Months

BE:

DO:

HAVE:

12 Months

BE:

DO:

HAVE:

My Resolutions

Write down your resolutions below.

If you need help, look at the next
two pages for ideas.

A writing area consisting of a vertical pink margin line on the left side and 20 horizontal purple lines for writing, extending across the width of the page.

Resolution Ideas

ACADEMICS

- Learn a new language or expand on one you know.
- Teach those who are struggling.
- Check facts before judging or making assumptions.
- Create a study routine.
- Overcome procrastination.

HEALTH

- Make healthier eating choices.
- Drink water often and daily.
- Get more quality sleep.
- Spend 30 minutes outside daily.
- Cook more rather than eating out.

RELATIONSHIPS

- Call your family and friends often.
- Smile more, worry less.
- Do one good deed each day.
- Practice better listening skills.
- Be gracious to strangers.

Resolution Ideas

SELF

- Pay attention to what you're consuming: mentally, emotionally, spiritually, and physically.
- Improve your self-esteem.
- Travel.
- Read more.
- Start a new hobby.

MONEY

- Put money into your savings.
- Be a conscientious spender; Know where you are buying from.
- Make financial goals for yourself.
- Put better value on money.
- Kick habits that cost you the most and don't benefit.

FAITH

- Be more mindful of God's presence.
- Pray daily.
- Read the Bible more often.
- Go to Church weekly.
- Volunteer.

Reminders

YOU'VE GOT THIS!

Believe in yourself and
you will be unstoppable.

You are beautiful.

You are worthy.

You are valued.

You are loved.

Remember why you
started.

Spread love and positivity,

The Grotto News Staff