

NEW YEAR'S RESOLUTION

What Is My Resolution?

Why Am I Doing This?

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What Are My Weekly Micro-Goals?

What Are My Monthly Mini-Goals?

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New Year's Resolution Self-Reflection

- What are my financial milestones?
- What new knowledge or skills will I develop?
- What are my career aspirations?
- What material possessions do I desire?
- What risks will I take to expand my comfort zone?
- Am I pursuing additional education certifications?
- How will I become physically & emotionally healthier?
- What places would I like to visit?