

# The REAL EASY

# 2022

## NEW YEAR'S RESOLUTIONS

### My Goal for this year

Write your goals here. Need help? Try to make your goal as specific as you can. The more specific and concrete your goal is (i.e., "lose five pounds by March 15.") the more you're likely to achieve it.

### I want to continue

Write your goal here. Need help? Make your goal around something important to you. Is your health important? Conquering a fear? Think about goals that can positively shape your life.

### I want to try

Write your goal here. Need help? Try to break your large goal into smaller ones. Smaller goals can be a good starting point if your main goal feels overwhelming.

### I will do less

Write your goal here. Need help? Try to make your goal measurable. Track your progress in a journal or phone app. Observing your progression over time through pictures or data can be a great motivational tool.

### My priorities

My priorities

My priorities

Write your goal here. Need help? Think about how much time you can set aside each day or week by creating a timeline. Plan a reasonable time to complete your goal. Schedule a buffer for yourself if it takes longer than expected.

#Cre8Candi