

NEW YEAR RESOLUTIONS & GOALS



Resolutions
Just Ahead

Goals



Resolution
or
Goal?

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Resolution or Goal?

What is new year resolutions or goal?

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Goals versus resolutions:

What's the difference?

**Goals take longer to frame because they
involve planning.**

**But, this preparation provides you with a
clear direction to follow to reach your
desired outcome.**

**By rephrasing your New Year's resolutions
to goals, you make them stronger and more
likely to be achieved.**

**I'll admit it – I struggle with New Year's
resolutions.**

**In fact, the only one I made this year
was to remember to check my mailbox
more often, so I don't receive another
lecture from the mailman.**



The problem I have with resolutions is their lack of specificity.

This is why my focus goes to setting personal and professional goals, since the mindset and approach to achieving a goal differs from that of a resolution.

A resolution is a statement of what you want to change.

For example, saving money.

A goal is a statement of what you want to achieve; the steps you need to take to achieve it; and when you want to achieve it by.

For example, saving 10 percent of each paycheck for the next six months, so you can take a family vacation in August.



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But, this preparation provides you with a clear direction to follow to reach your desired outcome.

By rephrasing your New Year's resolutions to goals, you make them stronger and more likely to be achieved.

I challenge you to think about the resolution you established in January.

How can you rephrase that resolution to make it a goal and then achieve it?

MY GOALS FOR 2025

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

FITNESS *planner*

MONTH OF:

M T W T F S S

 MY DAILY GOALS

 MY MOTIVATION

 MEALS AND SNACKS

B

L

D

S

WATER



REPS


MINUTES

COLORIES

INTENSITY

WEIGHT

 EXERCISE

 NOTES

[illegible][illegible]

Daily Planner

Do more of what you love

DATE

S

M

T

W

T

F

S

6:00

7:00

8:00

9:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

23:00

TOP 3 PRIORITIES

- ☐
- ☐
- ☐

REMINDER

DAILY AFFIRMATIONS

FOR TOMORROW

NOTES

-
-
-

(Daily) SELF - CARE

DATE ____ / ____ / ____

S M T W T F S

C H E C K L I S T

- | | |
|---|--|
| <input type="checkbox"/> MAKE YOUR BED | <input type="checkbox"/> TAKE A LONG BATH |
| <input type="checkbox"/> TAKE YOUR MEDICATIONS & VITAMINS | <input type="checkbox"/> DO A FACE MASK |
| <input type="checkbox"/> SKINCARE ROUTINE | <input type="checkbox"/> CALL A FRIEND OR FAMILY |
| <input type="checkbox"/> HEALTHY MEALS | <input type="checkbox"/> MEDITATION |
| <input type="checkbox"/> GO FOR A WALK | <input type="checkbox"/> WATCH A MOVIE |
| <input type="checkbox"/> CLEANING HOUSE | <input type="checkbox"/> CUDDLE A PET OR HUMAN |
| <input type="checkbox"/> WASHING CLOTHES | <input type="checkbox"/> TRY A NEW RESTAURANT |
| <input type="checkbox"/> LISTEN TO MUSIC | <input type="checkbox"/> MAKE TIME TO READ |
| <input type="checkbox"/> HAVE A POWER NAP | <input type="checkbox"/> TRY A NEW RECIPE |
| <input type="checkbox"/> SOCIAL MEDIA BREAK | <input type="checkbox"/> NO PHONE 30 MINS BEFORE BED |

WORKOUT

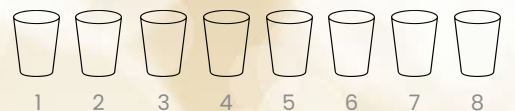
- | | | |
|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> CARDIO | <input type="checkbox"/> WEIGHT | <input type="checkbox"/> YOGA |
| <input type="checkbox"/> STRETCH | <input type="checkbox"/> REST DAY | <input type="checkbox"/> OTHER |

THINGS THAT
MAKE ME
HAPPY TODAY

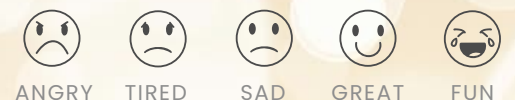
HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Work

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Habits

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Self-care

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Notes



Good habits benefit our physical, emotional, spiritual, and mental health.

These are the habits that get you closer to living your best life. Good habits help you become more productive and energetic. These habits help us move forward. If you are unsure how to develop good habits, read on to know the eight good habits you can apply in your life.

What are

H A B I T S

Habits are daily behaviours that you do by default. These are the actions you repeatedly do that can shape you and can positively and negatively affect you.

Did you know that 40 percent of everything we do is habits? Mind-blowing, right?

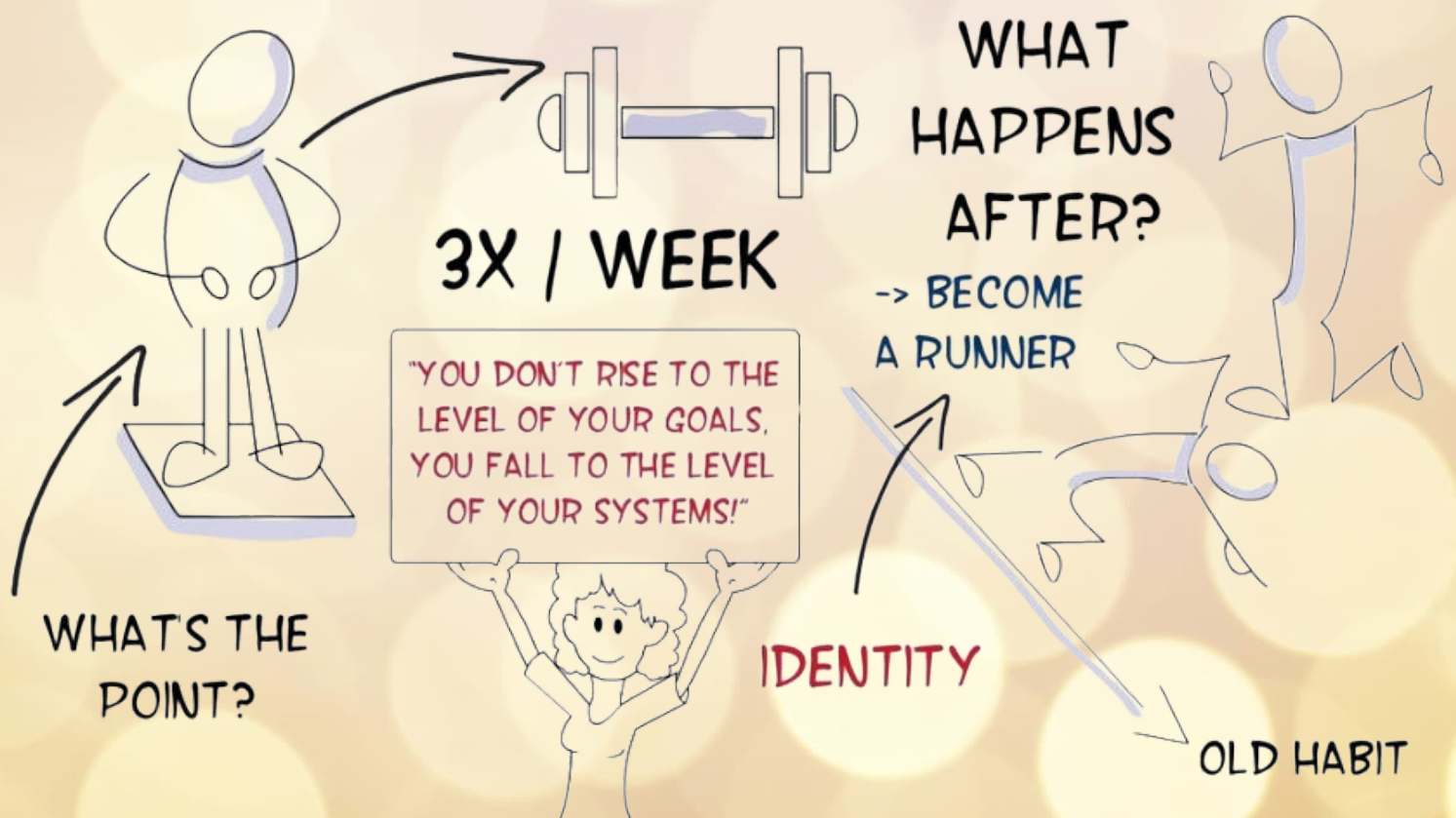
HABITS & LIFE



**Forming good habits takes time.
It's not something that happens overnight, so
please don't set unrealistic expectations for
yourself.**

What matters is you are doing what you can.

**Here are simple, effective habits that you can
start today to improve your quality of life:**



**1. HABITS ARE MENTAL
SHORTCUTS FOR A
RECURRING PROBLEM**

REPEATED SO MANY TIMES
BECAME
AUTOMATIC



WHY SMALL HABITS MAKE A BIG DIFFERENCE

It is so easy to overestimate the importance of one defining moment and underestimate the value of making small improvements on a daily basis.

Too often, we convince ourselves that massive success requires massive action.

Whether it is losing weight, building a business, writing a book, winning a championship, or achieving any other goal, we put pressure on ourselves to make some earth-shattering improvement that everyone will talk about.

Meanwhile, improving by 1 percent isn't particularly notable— sometimes it isn't even noticeable—but it can be far more meaningful, especially in the long run.

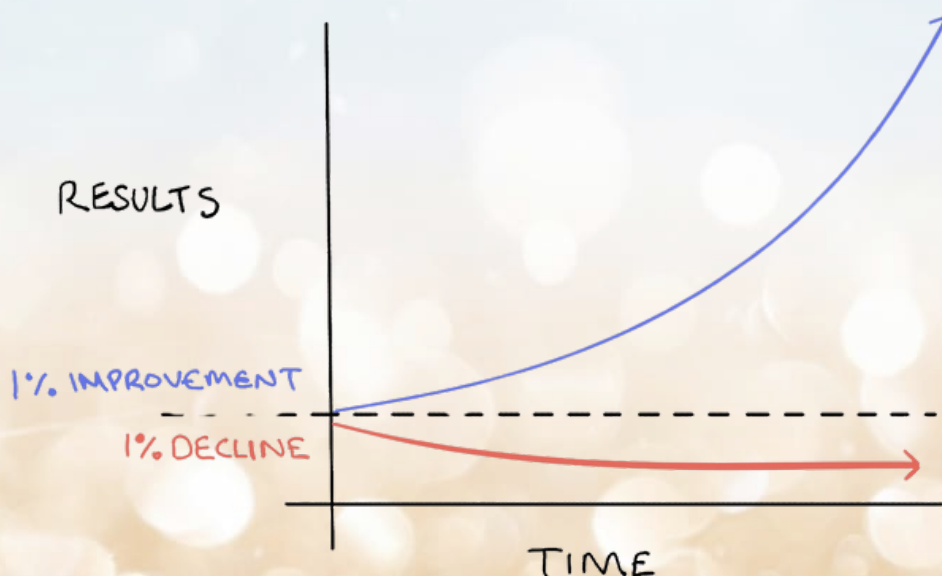
The difference a tiny improvement can make over time is astounding.

Here's how the math works out: if you can get 1 percent better each day for one year, you'll end up thirty-seven times better by the time you're done.

Conversely, if you get 1 percent worse each day for one year, you'll decline nearly down to zero.

What starts as a small win or a minor setback accumulates into something much more.

1% Better Every Day

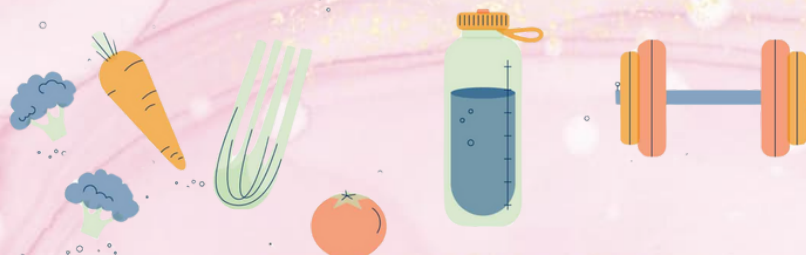


1% BETTER EVERY DAY

1% worse every day for one year. $0.99365 = 00.03$

1% better every day for one year. $1.01365 = 37.78$

Healthy Habits **one step at a time**



Real change doesn't come from making a single big decision.

It's the result of hundreds or even thousands of small choices that add up over time.

For example, someone who wants to get in shape might start by taking small steps, like walking daily or packing a healthy lunch to eat at work.

Over time, these small changes will compound and lead to significant results, like improved fitness and weight loss.

That's where the 1% improvement is. But it's not enough to have goals of becoming better every week.

To achieve our goals, we need to create systems of single processes and habits that will get us there.

By breaking down our goals into smaller steps, we can see the path to achieving them more easily.

And by creating a system to track our habits, we can ensure that we are consistently moving forward.

Integrating small practices into our existing system is better than doing a 180-degree switch.

**Habits are powerful things.
They can either help us or hurt us, depending
on what they are.
Good habits lead to positive changes in our
lives, both physically and mentally.
Bad habits, like smoking and binge eating, can
have negative consequences.
But whether they are good or bad, habits
compound over time.
The more we do them, the more ingrained they
become.
And eventually, they shape who we are as
people.
In the end, they will be the ones that make the
biggest difference.**



GOOD HABITS



GOOD LIFE



HABIT STACKING

IMPLEMENTATION INTENTION

NEW HABIT
OLD HABIT

6:00 AM WAKE UP
6:10 AM MAKE COFFEE
6:25 AM GET READY

JOURNALING



WHEN?
WHERE?

I WILL [BEHAVIOR]
AT [TIME] IN [LOCATION].

5,4,3,2,1...

The background of the entire page is a high-quality photograph of a clear glass filled with water and ice cubes. A dynamic splash of water is visible at the bottom of the frame, creating a sense of freshness and movement. The lighting is bright, highlighting the textures of the ice and the clarity of the water.

1. Drinking Water

Did you know that you are mildly dehydrated when you sleep?

Drinking water right after you wake up helps rehydrate your body, regulate your body temperature, and replenish your nutrients.

Water is also one of those non-negotiable, essentials in life to keep your health in check.

Staying hydrated throughout the day will improve your mood and sleep, so try to drink a glass of water in the morning to boost your overall health.

Try these tips to make this a daily habit:

- **Add a reminder on your phone to drink water**
- **Leave a glass or bottle of water on your bedside to drink right when you wake up**
- **Bring a water bottle with you everywhere**

2. Getting Active

Physical activity prevents diseases like diabetes, strokes, heart problems, and more.

Something as simple as walking and getting your steps in can make a huge impact on your health. Experts recommend that adults do at least 2.5 hours of active movement every week.

Try these to be more physically active:

- Try to take a 10-minute walk every day
- Share your goals with others for accountability
- Walk to your destinations of the day if they are in walking distance
- Join an exercise group, or find friends to do activities with you
- During winter, try these activities



A woman with blonde hair is smiling and looking towards a bowl of salad. The background is a bright, out-of-focus indoor setting. A decorative black and gold curved banner is in the top left corner.

3. Eating Fresh

Vegetables and fruits contain essential vitamins and minerals that support your body's basic functions. Eating healthy is a no-brainer for combatting diseases, aging, immunity, and more.

Tips for eating healthy:

- **Use couponing or flyer apps like Flipp to check when fresh produce is on sale**
- **Buy canned or frozen produce when fresh produce is unavailable**
- **Buy in-season produce for a cheaper option**
- **Have easy-to-access staples for every meal - lettuce, celery, carrots, canned peas, etc.**
- **Try new and healthy recipes to spice up your roster**



4. Sleep Hygiene

Sleep is probably the single most important way for your body to reset, detox, and heal. Having good sleep hygiene and getting ample hours of sleep impacts everything in your day-to-day life such as energy levels, emotional regulation, physical functioning, and mental capacity.

When you wake up feeling well-rested and refreshed, it's a good day!

Follow this advice on how to sleep better:

Limit phone use 1 hour before bed. This helps with melatonin production, which is a hormone that helps you sleep.

Try setting a regular sleep schedule and sticking to it.

Limit daytime naps as a way to regulate your schedule.



5. Connection with Loved Ones

Our basic instinct and hard-wiring with humans is to have meaningful connections.

Family and friends can act as emotional support. Spending time with family or a loved one reduces depression, anxiety, and other mental health concerns.

The more you spend quality time with them, the more you feel connected and have a higher sense of belonging.

Try these ideas on how to spend time with people:

Play a "Never Have I Ever" game

Be curious about them, and ask questions you are interested in learning more about

Find a common activity you both enjoy - cooking, sewing, walking, exercising, etc.

A background image showing a person's hands typing on a laptop keyboard. An open book is visible on the desk next to the laptop. The scene is brightly lit, suggesting a workspace or study area.

6. Learn Something New

Keeping your mind active and busy with interesting, productive information can make a huge impact on your mental health.

By being selective with the content that you intake daily and diverting your attention and energy into something that you enjoy and find exciting will not only reserve your energy for what matters to you, it will also filter out information that may make you feel low and anxious.

- Here are some resources for**
- daily learning:**

- Self-development**
- My Health and lifestyle**
- Learning a foreign language**
- A new type of physical activity**

7. MEDITATION OR MINDFUL BREATHING

ACTION ITEM TO TRY RIGHT NOW:

**FIRST OF ALL, KNOW THAT THERE IS NO RIGHT OR
WRONG WAY OF DOING THIS**

SIT UPRIGHT IN A QUIET, COMFORTABLE PLACE.

**FOCUS YOUR MIND ON BREATHING, AND SIMPLY
NOTICE YOUR INHALES AND EXHALES, COUNTING THEM
FROM 1,2,3...**

TRY TO QUIET YOUR MIND.

**IF YOU START TO HAVE RACING THOUGHTS, COME
BACK AND FOCUS ON COUNTING YOUR BREATH.
DON'T PUT TOO MUCH PRESSURE ON YOURSELF,
THOUGH.**

**SIMPLY PULL YOUR ATTENTION BACK IN A GENTLE,
LOVING WAY TO YOUR BREATH AGAIN.**

**WHEN YOU'RE READY, TAKE A DEEP BREATH IN - HOLD
IT FOR 5 SECONDS - AND EXHALE DEEPLY. REPEAT THIS
FOR 3 TIMES.**

**YOU JUST PRACTICED MINDFUL MEDITATION! HOW EASY
WAS?**

**MEDITATION, OR MINDFUL BREATHING, IS A SIMPLE AND
SCIENTIFICALLY-PROVEN WAY TO PROMOTE OPTIMISM,
CALMNESS, LESSEN ANXIETY, AND BOOST YOUR MOOD.
MAY IT BE FOR ONE MINUTE, OR 10 MINUTES, ALLOWING
YOUR MIND TO SLOW DOWN AND FOCUS YOUR PRESENT
WILL HELP YOU IMPROVE YOUR OVERALL HEALTH.**

GOAL

the object of a person's *ambition* or *effort*; an aim or desired result

VS.

RESOLUTION

a firm *decision* to do or not to do something

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