

2025 NEW YEAR'S *Resolutions*

MY TOP GOALS FOR 2025

1. _____
2. _____
3. _____
4. _____

**HOW CAN I IMPROVE MY
RELATIONSHIPS THIS YEAR?**

**HOW CAN I IMPROVE MY
HEALTH THIS YEAR?**

**HOW CAN I IMPROVE MY
MIND THIS YEAR?**

**WHAT FEARS WILL I
OVERCOME THIS YEAR?**
