



How to Make and Keep *New Year Resolutions* this Year

New Year Resolution Ideas

Work on physical health

Quit bad habits

Work on mental health

Stick to a budget

Get more organized

Travel

Save money

Read more

Get out of debt

Find a better job

How to Set Goals

Don't set too many goals

Make a step-by-step plan for your goals

Expect and accept setbacks

How to Stay Motivated

Print out motivational quotes and hang them around your house or bedroom as a reminder of your goals.

It's also a great idea to have a motto of the year that you look to each morning to stay focused, positive, and motivated.

