

Things you like...

What things do you like	doing?
What things make you fe when you accomplish th	



Try and schedule in time for yourself to do more of the things listed here













Remember - Don't make resolutions. Instead, try to create new habits.

New good habit 1	How often? number days / weeks	
New good habit 2	How often? number days / weeks	
New good habit 3	How often? number days / weeks	
Put your plan	n into action	
What barriers might stop your plan?	What could you do about it?	







