



Resolutions for a Better You

Start with Micro Goals

Smaller, specific goals are easier to manage and can provide you with a boost of confidence when complete.



Learn to Meditate

Take a few deep breaths and think about your goals for a few minutes each day, to provide focus and clarity.



Drink More Water

Having enough daily water will increase your energy, help with digestion, mood and help you lose weight.



Don't Cut Out the Cake

Instead of cutting out your favorite foods, add more fruits and vegetables and leave room for dessert.



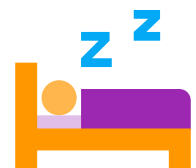
Schedule in Exercise

Decide on 2 days a week to start and stick with it. Do things you enjoy, like family walks, yoga and bike riding.



Pencil In Bedtime

Lack of sleep affects your energy and weight. Plan a bedtime routine and stick with it for improved health.



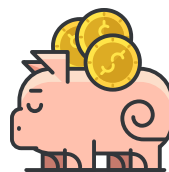
Find Time for Yourself

Find a quiet place and set aside time every day to relax your mind and body for 20 minutes. You deserve it.



Create a Savings Plan

Whether you pack a home lunch once a week or save your change, make a plan to save a bit each day.



Reward Yourself

When you complete a micro goal or milestone, celebrate and treat yourself. Self-love yields positive results.

