

New Year, Who Dis?

If you don't plan, you plan to fail. It's time to commit to yourself and make your vision for 2018 a reality. Use this guide to create your best year!

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Why is your resolution important? How will it make you feel?

Break it down. Is this resolution for you or someone else? How will it change you for the better?

Choose progress, not perfection.

What does progress look like? How much time will you commit?

DRAW IT! Visualize you working on your goal. Open your planner and schedule time for this resolution.