

New Year's Resolutions - 2020



Grab your 2019 Yearly Review + Life Assessment for inspiration.

Here's some examples: [±New Year's Resolutions - 2020 EXAMPLE](#)

Look back to your Life Assessment. Which areas were you least satisfied with? How could you improve? Create resolutions for any areas you'd like to focus on.

HEALTH		
Mind	Body	Heart

CAREER		
Work / School	Personal Development	Volunteering

HOUSEKEEPING		
Homecare	Financial	Food

RELATIONSHIPS		
Family	Friends	Significant other

FUN		
Hobbies	Vacation	Entertainment