



New Year, New You

Choose some 2018 resolutions from the list below, and check them off as you complete them!

Health Goals

- ☐ I'll go to the gym every day for a month
- ☐ I won't eat fast food during the week
- ☐ I'll take active study breaks (for example, stopping every 25 minutes for a set of jumping jacks)
- ☐ I'll find the salad bar station in the dining hall

School Goals

- ☐ I will not calculate the minimum amount of work needed to pass my classes
- ☐ I'll go to every class
- ☐ I won't miss an assignment
- ☐ I will not oversleep when I could be doing something productive

Social Goals

- ☐ I will not stay out late when I have class the next morning
- ☐ I will text people back within an acceptable amount of time
- ☐ I will make a friend in each class to study with
- ☐ I will not use errands as an excuse to hang out with friends when I should be doing work

Financial Goals

- ☐ I will not spend any holiday gift money right away
- ☐ I will develop some sort of savings plan
- ☐ I will keep the change when I spend cash and do something productive with it
- ☐ I will make the most of my education because I am paying to be here

Hint: For successful long-term goal-setting, consider just picking one or two goals to focus on, and check in each month to see how you're doing.



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