

*it's a*  
**GOOD YEAR,**  
*to have a*  
**GOOD YEAR!**

---

# NEW YEAR'S RESOLUTIONS

FOR THE *mind*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

FOR THE *body*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

FOR THE *soul*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

MY WORD FOR THE *year* \_\_\_\_\_