

Find Your Motivation



Developing a new habit can be challenging, but we're here to help! Fill in the blanks to discover the encouragement you need to achieve your goals.

My resolution is ...

I want to achieve this goal because ...

My greatest inspiration is ...

I can do this because I ...

Now place this in a location where you'll see it every day and keep working to make your dreams come true.



For more support with your wellness goals this New Year's, visit [NewYearsWellness.org](https://www.NewYearsWellness.org).