

Reframe your resolution



The best resolution is an ongoing commitment to wellness. But where do you start? Follow along to create your perfect goal!

What do you want to achieve this year?

Great! Now, let's make it more specific. For example, if you want to work out more, how many times per week will you exercise?

Perfect! Finally, write three realistic actions you can take to make your goal a reality.

1. _____

2. _____

3. _____

You now have the tools to make a positive change. Let's get to work!



Dignity Health is here to help you with all your New Year's plans. Learn more at [NewYearsWellness.org](https://www.newyearswellness.org).