



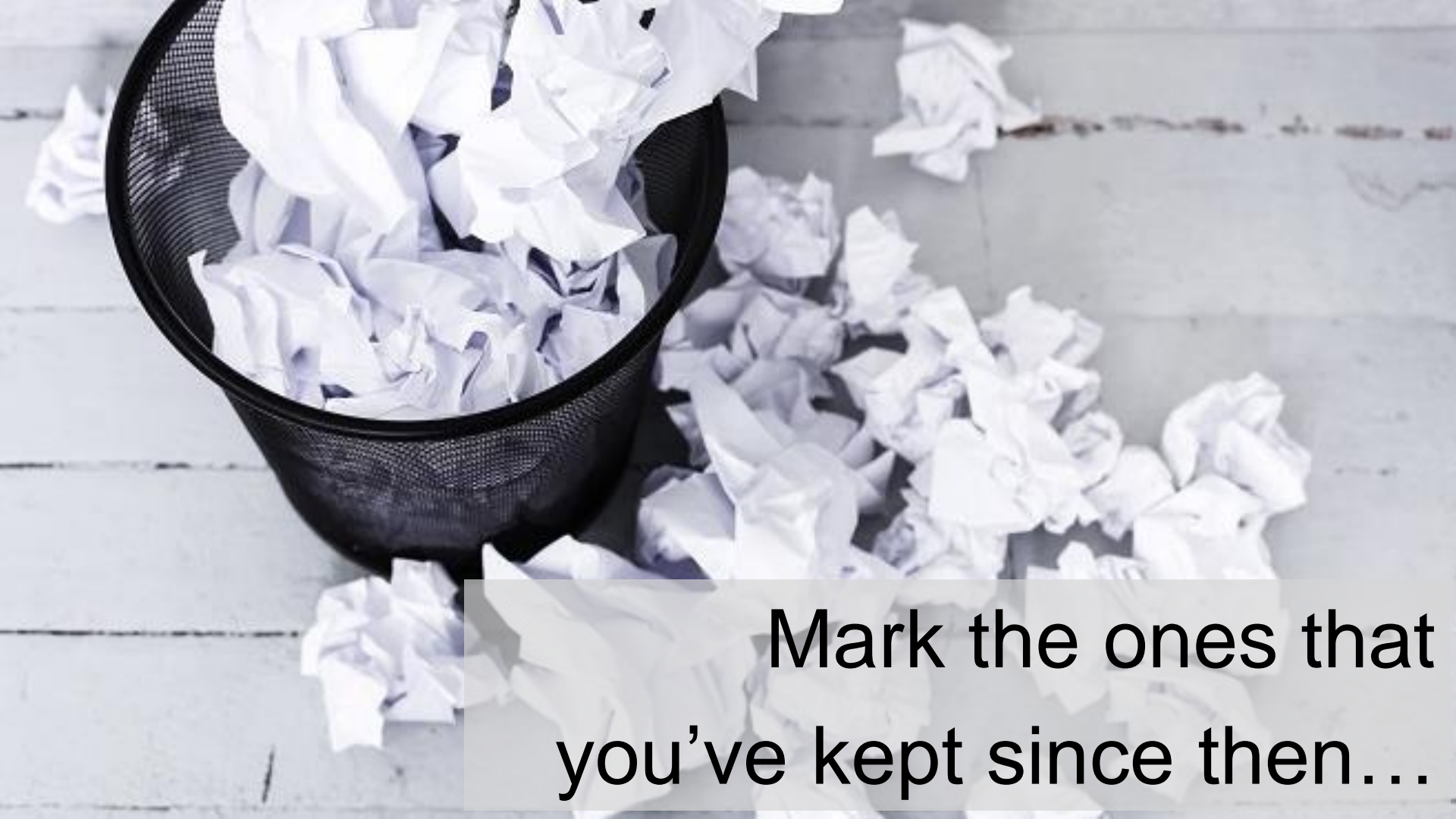
Presented by  
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# Resolutions

A close-up photograph of a person's hand holding a silver pen and writing in a spiral-bound notebook. The notebook is open to a page with a light blue and white patterned cover. The person is wearing a silver ring on their ring finger. In the background, a laptop is partially visible, and the scene is set on a dark wooden desk. The overall lighting is soft and focused on the hand and notebook.

New Year = New Resolutions

Jot down your  
2016 New Year's Resolutions!



Mark the ones that  
you've kept since then...



University of Scranton found  
8% of people keep resolutions.





**Switch**

to ONE word for the year.

optimism  
energy resilience positivity  
appreciate family joy confidence  
healthy learn joy  
happy focus  
inspired persistence  
strong simplify courage  
adventure believe relax balance thankful  
invest

“A word can’t be broken. It serves as a reminder; a filter. It’s who you want to be instead of what you regret.”

~Rachel Olsen

co-author of *My One Word: Change Your Life With Just One Word*



# IDEAS FOR RESOLUTIONS

READ A BOOK A MONTH

SAVE MONEY

VOLUNTEER

GET MORE SLEEP

TRAVEL

EXPLORE THE CITY YOU LIVE IN

LEARN SOMETHING YOU NEVER LEARNED AS A CHILD

TRY NEW FOODS





# How to Stick to NY's Resolutions

Start small

Write them down. (1-3 goals)

Track your progress

Be patient

Go Public- FB official

Schedule it

Stop all or nothing thinking; it's better to do something vs nothing

**\* I usually keep the same resolutions over and over each year.**