New Year Resolution Worksheet

- [ ] Build a consistent sleep routine
- [ ] Read for 15 minutes each day
- [ ] Plan meals before shopping
- [ ] Learn one new skill
- [ ] Declutter one space each week
- [ ] Spend more time outdoors
- [ ] Move my body three times a week
- [ ] Save a set amount every month
- [ ] Schedule screen-free time
- [ ] Make time for friends and family
- [ ] Review my goals every Sunday
- [ ] Celebrate small wins