

Reframe Your Resolution and Be a Goal-Getter



Getting your New Year's resolution just right is the key to achieving it. 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!



For more support with achieving your resolutions, visit StLukesHealth.org/Resolutions.