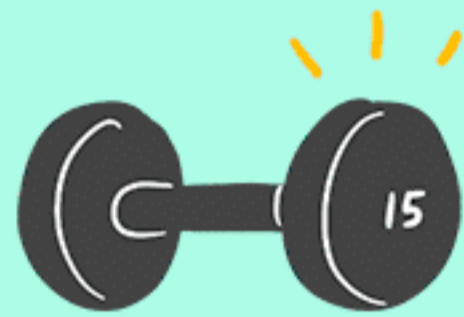


# How to Keep Your New Year's Resolutions

Actually



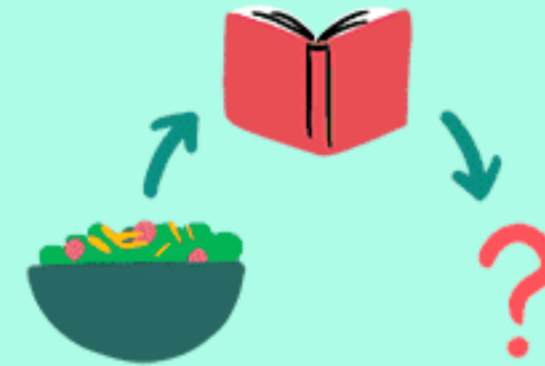
Stick to picking just one



Be realistic and specific



Write out a detailed plan



Try new goals each year



Ask for support from loved ones



Try a resolutions journal