

10 Resolutions You Can Keep!

Say This.....Not That

1. Weigh myself once a week
2. Schedule a date night once a month
3. Set up an automatic transfer to savings with each paycheck
4. Put my phone down for 1 hour a night and just BE with my family
5. Make it to church at least 2 Sundays a month
6. Get up and walk for 10 minutes a day twice a day
7. Choose one friend a month to have a pedicure with
8. Take 3 deep breaths before going into a situation angry
9. Help out in child's classroom once a week
10. Choose one meal a day that's "healthy"

1. Lose 10 pounds
2. Show my husband I love him more often
3. Pay off my car
4. Don't use my cellphone in the evenings with the kids
5. Be more involved at church
6. Exercise 5 times a week
7. See my friends more often
8. Don't yell when angry
9. Volunteer more
10. Eat healthier

