

CASUAL Resolutions



A new year is a time when many of us reflect on where we've been and where we'd like to go, which usually includes setting some new goals. This little packet is to help you do just that. But we've got a twist on the normal New Year's Resolutions. It's called our **Casual Resolution Kit** and we created it to specifically take the pressure off that can come with resolutions. Having goals should inspire and energize us and most importantly never make us feel guilty, as many of us tend to do, if we don't complete everything on our list. Our goals should be about having fun, learning and growing in a way that is comfortable for you and that you enjoy. And if you don't get them all done, there's always next year!

CREATE YOUR RESOLUTION IDEA LIST

Print out the calendar sheet and use it for writing down your list of casual resolutions. If you need some inspiration, look over our **Idea Page**. It has 115 of them this year! (We add new one's every year.) Feel free to remove or change resolutions during the year. Print a new calendar sheet if needed!

There's also a bonus **Objective Planner** that you can print out to help you organize your separate goals. Finally, we have a **Special Quote** for you. It has three versions. One can be printed on regular paper and glued to the front of a binder, if you use one. Then there is a 5"x7" size that you can frame. The full page version can be slide into the binders that have a clear pocket on the front or you can trim and frame it in an 8"x10" frame. Make sure you place it where you'll see it all the time!

Remember... Even if you only do one thing on your list, celebrate! Be thrilled and proud of yourself with what you DO accomplish. And most of all, have fun!



Do something today that your future
self will thank you for.

Ideas

1. Go an entire day without texting anyone.
2. Compliment a stranger once a day for 4 days.
3. For 1 day, listen intently when people talk to you.
4. De-junk 1 or more rooms in your house.
5. Watch at least 3 documentaries.
6. Volunteer somewhere at least 3 or more times.
7. Read an entire book to a child. Short or long.
8. Eat more raw fruits and vegetables overall.
9. Paint a room a new color you love.
10. Organize your digital photos.
11. Have a girls (guys) night out with friends.
12. Watch at least 3 classic movies.
13. Donate all clothes you don't wear anymore.
14. Learn the metric system for measurements.
15. Give blood.
16. Update all your passwords.
17. Go a full day without swearing.
18. Plant a tree or flowers other than in your yard.
19. Learn CPR for humans.
20. Learn CPR for pets.
21. Learn how to say "thank you" in 10 languages
22. Ride a bicycle to work at least 4 times.
23. Make safe home cleaning products.
24. Climb a tree safely.
25. For 1 week, pick up trash outside when you see it.
26. Dress up for Halloween.
27. Create a last will and testament. Make it fun.
28. Write a poem or song.
29. Make something useful out of trash.
30. Learn how to select good produce.
31. Hold the door open for others for a week.
32. Learn to say Hello in 10 languages
33. Do something that scares you a little.
34. Write a story.
35. Be on time to everything for 1 week.
36. Sing in the shower, loudly.
37. Try a new Café.
38. Play a full game of monopoly.
39. Pay attention and have better posture.
40. Grow some herbs and use them in cooking.
41. Forgive someone you've struggled to forgive.
42. Make your bed every day for a week.
43. Bake some healthy cookies.
44. Go to a Yoga class at least twice.
45. Learn to meditate.
46. Try out 3 different herbal teas.
47. Find 3 good points in someone you don't like.
48. Throw a penny in a fountain and make a wish.
49. Start recycling or take one load to recycle.
50. Play a song on the Kazoo.
51. Frame & hang an inspirational quote in your home.
52. Draw a mural with chalk on the sidewalk.
53. Lay on the grass and find shapes in the clouds.
54. Get in touch with an old friend
55. Write a hand written letter to someone.
56. Throw a dinner party.
57. Write a love letter to someone and send it.
58. Take a class on something of interest.
59. Clean all the windows in your home.
60. Start a backup system of all your computer files.
61. Learn to fix a tire.
62. Turn on a CD and dance!
63. Give up a bad habit. Biting nails, etc.
64. Run a marathon.
65. Strike up a conversation with a stranger.
66. Take the stairs, not the escalator, at least 4 times.
67. Go sailing.
68. Get a piercing.
69. Get a tattoo.
70. Make a video staring you and put it on YouTube.
71. Visit an art museum.
72. Make a paper airplane and fly it.
73. Fly a kite.
74. Go barefoot 10 minutes a day for a week.
75. Go an entire day without watching any TV
76. No texting others in the house for 1 day.
77. Get a plant and keep it alive for 6 months.
78. Replace all old, stained or holey underwear.
79. Get a full manicure, hands and feet.
80. Stop worrying about things before they happen.
81. Go a day with no Facebook/Twitter Etc.
82. Take a 20 minute walk 3 times a week for 6 months.
83. Try 4 new vegan recipes.
84. Stop comparing yourself to others.
85. Buy more organic fruits and veggies overall.
86. Have a sleepover with a friend. .
87. Learn to do something new on the computer.
88. Read a positive self-help book.
89. Make a vision board full of pictures to inspire you.
90. Buy a piece of artwork from an artist you admire.
91. Get a pet from a shelter to bring into your home.
92. Go to bed by 10PM for a week.
93. Paint your front door a bright color.
94. Pay for the coffee for a stranger behind you.
95. Put change in a few vending machines & leave.
96. Mow, Rake etc. an older persons yard.
97. Leave kind notes in library books for kids.
98. Find an old friend on Facebook and reconnect.
99. Start a gratitude journal.
100. Stargaze and learn a few constellations.
101. Go someplace you always wanted to go.
102. Say hi to everyone you pass.
103. Give a smile to everyone you see.
104. Go one month without any soda pop.
105. Wean yourself off of caffeine.
106. Try a healthy food you've never eaten before.
107. Make a green drink every morning for a month.*
108. Overcome a fear (flying, spiders, snakes etc.)
109. Play, dance and twirl in the rain.
110. Clean out your file cabinet.
111. Eat less meat. Have a "meatless Monday"
112. Learn to use a computer program really well.
113. Take a 1 day "vacation" alone at a local hotel.
114. Buy an adult coloring book and nice pencils. Use it.
115. Take better care of your teeth. *

*<http://bit.ly/easiestgreensmoothie>

*<http://bit.ly/kissthedentistgoodbye>

OBJECTIVE *Planner*



Objective

Ideas & Inspiration

Action Plan

Printable Binder Cover

Print the graphic below and cut it out around the border. Stick it to the front of your binder. Spray adhesive is perfect for this type of thing.



Printable 5" x 7" to Frame

Print the graphic below on cardstock or photo paper and frame it.



You don't
HAVE TO
= BE =
PERFECT

TO BE
Amazing