

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. This process can include setting 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 a **Casual Resolution Kit** and it was created to specifically take the pressure off that can come with resolutions. Having goals should inspire and energize you and most importantly never make you feel guilty if we don't complete everything on your list. Goals should be about having fun, learning and growing in a way that is comfortable and that you enjoy. If you don't get them all done, well, 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** which is filled with ideas. (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** you can print to help you organize your separate goals. Finally, we have a **Special Quote** for you. There are three versions. One can be printed on regular paper and glued to the front of a binder, if desired. Then there is a 5"x7" size that you can print and 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 accomplish one small thing on your list, you celebrate it! Be thrilled and proud of yourself with what you DO accomplish. And most of all, have fun!



*Once in a lifetime
you meet someone who*
CHANGES EVERYTHING.
That someone is you.



Any ideas that have an asterisk * at the end means there is a specific blog post on our website to help you with that idea. These posts are listed on the last idea page at the bottom. You can also use our site search box to find the idea using keywords.

1. Begin using a firm handshake every time.
2. Watch a sunrise or sunset.
3. Learn all the words to a song you love.
Learn free new jokes and tell them at least once.
4. Get a new haircut or style.
5. Do a 1000 piece puzzle.
6. Clean out your junk drawer.*
7. Start a reading challenge.*
8. Tell someone you love them.
9. Use EMDR to stop negative thoughts in 60 seconds.*
10. Smudge your home to clear and remove negative energy.*
11. Make a speed cleaning apron.*
12. Start using more natural cleaners or make your own. *
13. Adopt a dog/cat from a rescue.*
14. Get a pedicure.
15. Learn a card trick.
16. Deep clean and detail your own automobile.
17. Make a donation to a worthy cause.
18. Pick up every piece of trash on your block.
19. Clean out your email.
20. Clean out and uninstall apps on your phone you don't use.
21. Go an entire day without texting anyone.
22. Compliment a stranger once a day for 4 days.
23. For one day, listen intently when people talk to you.
24. De-junk 1 or more rooms in your house.
25. Watch at least 3 documentaries.
26. Volunteer somewhere at least 3 or more times.
27. Read an entire book to a child.
28. Eat more raw fruits and vegetables overall.
29. Paint a room a new color you love.
30. Organize your digital photos.
31. Have a girls (guys) night out with friends.
32. Watch at least 3 classic movies.
33. Donate all clothes you don't wear anymore.
34. Learn the metric system for measurements.
35. Give blood.
36. Update all your passwords.
37. Go a full day without swearing.
38. Plant a tree or flowers other than in your yard.
39. Learn CPR for humans.
40. Learn CPR for pets.
41. Learn how to say "thank you" in 10 languages
42. Ride a bicycle to work at least 4 times.
43. Make safe home cleaning products.
44. Climb a tree safely.
45. For 1 week, pick up trash outside when you see it.
46. Dress up for Halloween.
47. Create a last will and testament. Make it fun.
48. Write a poem or song.
49. Make something useful out of trash.
50. Learn how to select good produce.
51. Hold the door open for others for a week.
52. Learn to say Hello in 10 languages
53. Do something that scares you a little.
54. Write a story.
55. Be on time to everything for 1 week.
56. Sing in the shower, loudly.
57. Try a new Café.
58. Play a full game of monopoly.
59. Pay attention and have better posture.
60. Grow some herbs and use them in cooking.



61. Forgive someone you've struggled to forgive.
62. Make your bed every day for a week.
63. Bake some healthy cookies.
64. Go to a Yoga class at least twice.
65. Learn to meditate.
66. Try out 3 different herbal teas.
67. Find 3 good points in someone you don't like.
68. Throw a penny in a fountain and make a wish.
69. Start recycling or take one load to recycle.
70. Play a song on the Kazoo.
71. Frame & hang an inspirational quote in your home.
72. Draw a mural with chalk on the sidewalk.
73. Lay on the grass and find shapes in the clouds.
74. Get in touch with an old friend
75. Write a hand written letter to someone.
76. Throw a dinner party.
77. Write a love letter to someone and send it.
78. Take a class on something of interest.
79. Clean all the windows in your home.
80. Start a backup system of all your computer files.
81. Learn to fix a tire.
82. Turn on a CD and dance!
83. Give up a bad habit. Biting nails, etc.
84. Run a marathon.
85. Strike up a conversation with a stranger.
86. Take the stairs, not the escalator, at least 4 times.
87. Go sailing.
88. Get a piercing.
89. Get a tattoo.
90. Make a video starring you and put it on YouTube.
91. Visit an art museum.
92. Make a paper airplane and fly it.
93. Fly a kite.
94. Go barefoot 10 minutes a day for a week.
95. Go an entire day without watching any TV
96. No texting others in the house for 1 day.
97. Get a plant and keep it alive for 6 months.
98. Replace all old, stained or holey underwear.
99. Get a manicure.
100. Stop worrying about things before they happen.
101. Go a day with no Facebook/Twitter Etc.
102. Take a 20 minute walk 3 times a week for 6 months.
103. Try 4 new vegan recipes.
104. Stop comparing yourself to others.
105. Buy more organic fruits and veggies overall.
106. Have a sleepover with a friend. .
107. Learn to do something new on the computer.
108. Read a positive self-help book.
109. Make a vision board full of pictures to inspire you.
110. Buy a piece of artwork from an artist you admire.
111. Get a pet from a shelter to bring into your home.
112. Go to bed by 10PM for a week.
113. Paint your front door a bright color.
114. Pay for the coffee for a stranger behind you.
115. Put change in a few vending machines & leave.
116. Mow, Rake etc. an older persons yard.
117. Leave kind notes in library books for kids.
118. Find an old friend on Facebook and reconnect.
119. Start a gratitude journal.
120. Stargaze and learn a few constellations.
121. Go someplace you always wanted to go.
122. Say hi to everyone you pass.
123. Give a smile to everyone you see.



124. Go one month without any soda pop.
125. Wean yourself off of caffeine.
126. Try a healthy food you've never eaten before.
127. Make a green drink every morning for a month.*
128. Overcome a fear (flying, spiders, snakes etc.)
129. Play, dance and twirl in the rain.
130. Clean out your file cabinet.
131. Eat less meat. Have a "meatless Monday"
132. Learn to use a computer program really well.
133. Take a one day "vacation" alone at a local hotel.
134. Buy an adult coloring book and nice pencils. Use it.
135. Take better care of your teeth. *
136. Take someone you disagree with politically out to lunch and do NOT talk politics.
137. Become pen pals with someone in prison.
138. Drink 8 glasses of water a day for a week/month.
139. Learn three good things about a political pundit, official etc. you DO NOT agree with. Research if needed.
140. Celebrate a personal failure, large or small. Find the lesson, what did you learn, how can you use it for positive change in the future.
141. Use deep breathing for a week or month every -time you get angry/stressed/panicked etc. Slow deep breath in as full as your lungs can get, slow breath out through pursed lips. Do this 3 times.
142. Take a self-defense class.
143. Read a children's book/novel from your youth.
144. Read a book that was banned.
145. Have someone paint your face. Cat/dog/sparkles etc.
146. Write your memoir.
147. Do a 100 day challenge. (Example: For 100 days: Take a photo. Draw something. Floss. Etc.
148. Visit a haunted house or take a haunted tour.
149. See a therapist or life coach for a few months. Even if you think you're mentally ok.
150. Learn about mindfulness and practice it.
151. Learn something new from a different book everyday for a week/month.
152. Buy a crossword book. Do one a day for 7/30 days.
153. Learn a new word every day and use it at least once.
154. Clean all your shoes.
155. Grow something then eat it.
156. Call a family or extended family member you have not talked too for a long time.
157. Make a "birthday/anniversary etc." reminder for important people in your life.
158. When someone is having a rough time and tells you about it JUST LISTEN & EMPATHIZE. Don't try to fix it.
159. Learn to do something you never learned as a kid. (Ride a bike, swim, play hop scotch etc.)
160. Dog owners, take a obedience class.

*<http://bit.ly/organizeyourjunkdrawer>
*<http://bit.ly/readingchallengekit>
*<http://bit.ly/1MinEMDRThoughtChange>
*<http://bit.ly/smudgingceremonykit>
*<http://bit.ly/DIYSpeedCleaningApron>
*<http://bit.ly/DIYNaturalDisinfectantCleaner>
*<http://bit.ly/newdogpottytraining>
*<http://bit.ly/easiestgreensmoothie>
*<http://bit.ly/kissthedentistgoodbye>



20 horizontal lines for writing goals, each with a small square checkbox on the right side.

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

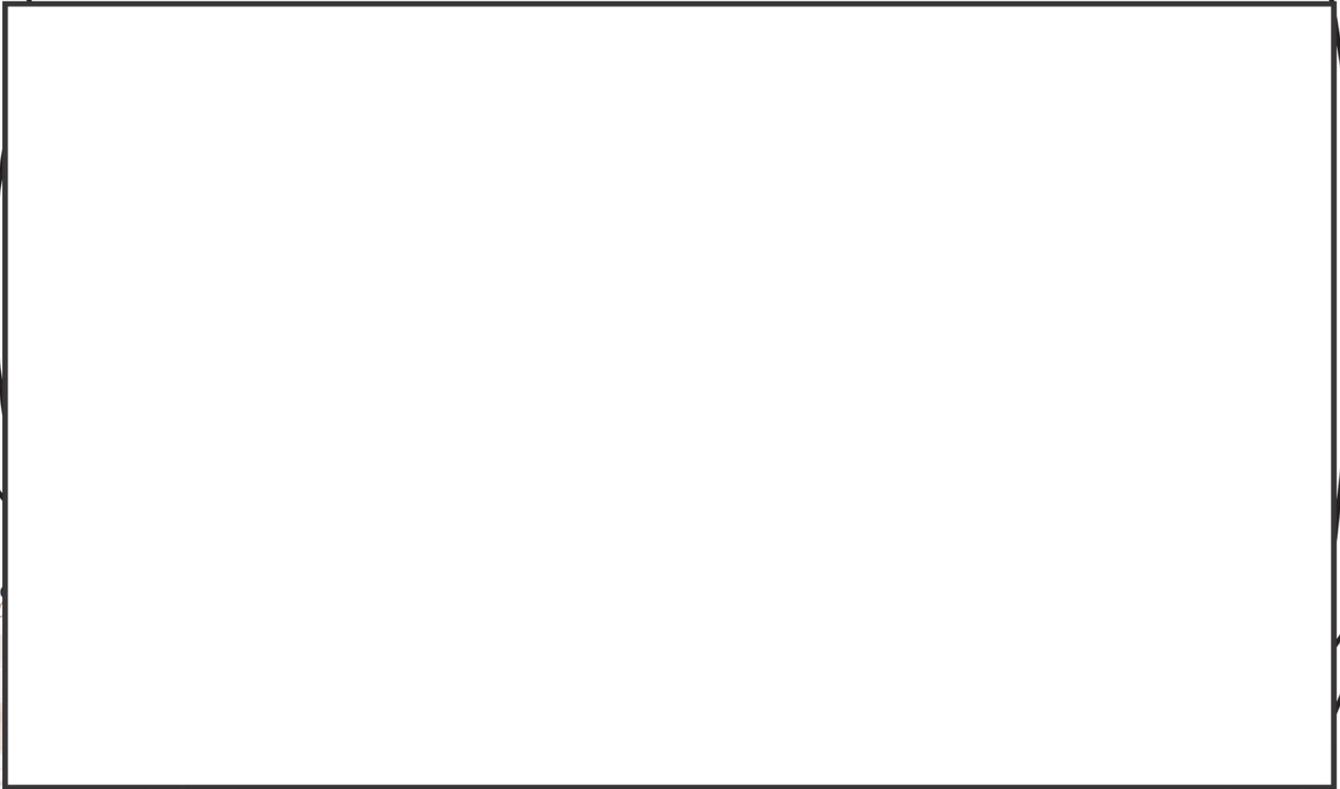
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2



Objective PLANNER



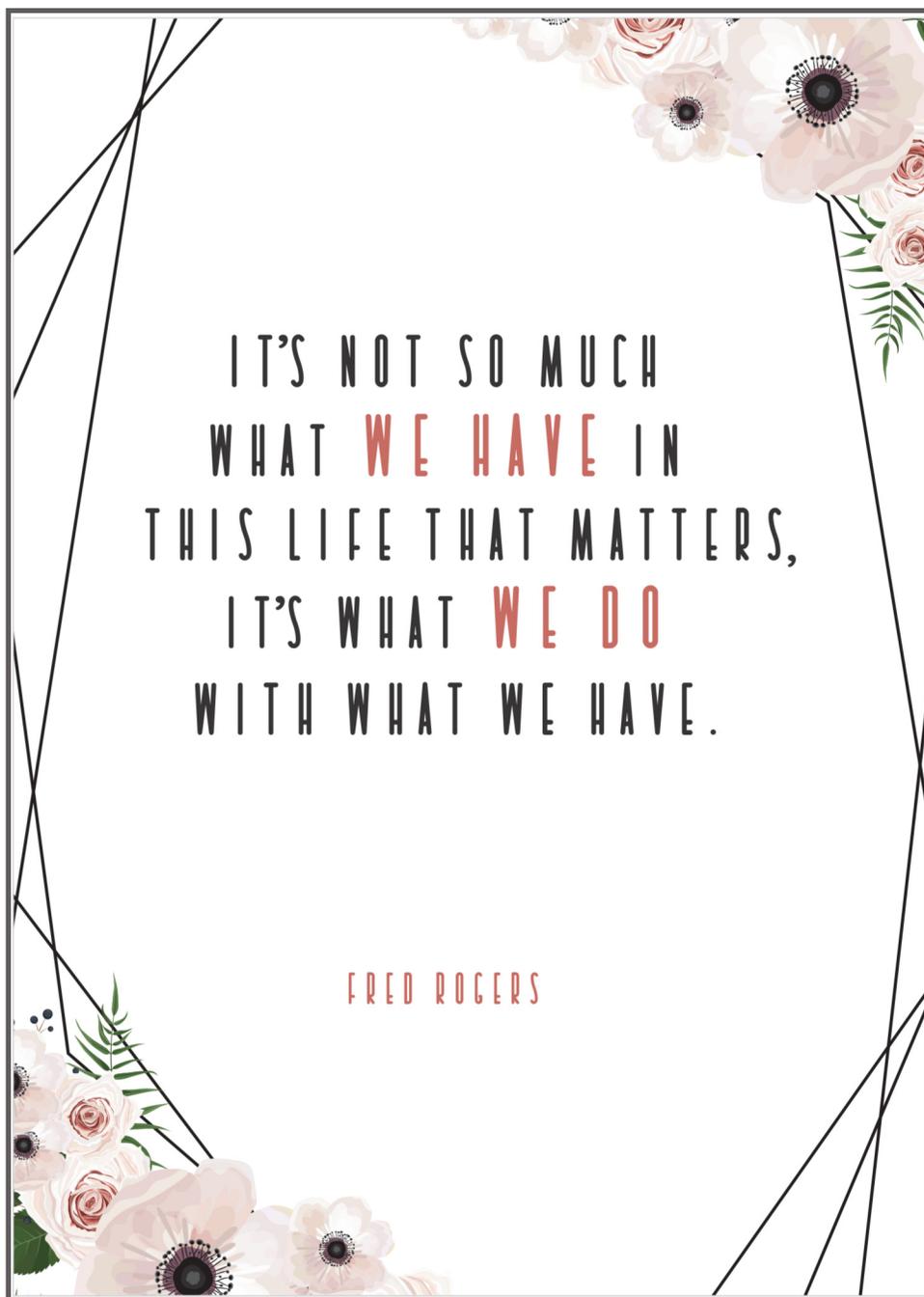
PRINTABLE BINDER COVER

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 5X7 TO FRAME

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





IT'S NOT SO MUCH
WHAT **WE HAVE** IN
THIS LIFE THAT MATTERS,
IT'S WHAT **WE DO**
WITH WHAT WE HAVE.

FRED ROGERS