

# CASUAL Resolutions

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The New Year is a time many of us decide to set some goals. This little packet is to help you do just that. We're calling it a Casual Resolution Kit to take the pressure off a bit, because it should never be about success or failure or feeling bad if you don't do everything on your list. It should only be about having fun, learning and growing in a way that is comfortable for you. It's about inspiration!

## CREATE YOUR RESOLUTION IDEA LIST

Print out the calendar sheet and use it for writing down your list of casual resolutions. Look over our list of 90 if you need some inspiration.

There's also a bonus Objective Planner you can print out to help you organize your separate goals.

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



*Don't get so focused on the finish line that you forget to enjoy the journey!*

# Ideas

1. Truly listen carefully when people talk to you.
2. De-junk each room in your house one at a time.
3. Watch at least four documentaries.
4. Volunteer somewhere at least four or more times.
5. Read to children
6. Eat more fruits and vegetables.
7. Eat less processed foods.
8. Paint a room.
9. Organize digital photos.
10. Have a girls (guys) night out every 1 to 3 months.
11. Watch at least 3 classic movies.
12. Donate clothes you don't wear anymore.
13. Learn the metric system for measurements.
14. Give blood.
15. Update all your passwords.
16. Buy a veteran a gift to show appreciation.
17. Plant a tree.
18. Learn SOS in Morse code.
19. Learn how to say "thank you" in 10 languages
20. Ride a bicycle to work.
21. Make safe home cleaning products.
22. Climb a tree.
23. Pick up trash on the ground when you see it.
24. Create a last will and testament.
25. Write a song.
26. Learn how to make a pie from scratch.
27. Build something out of wood.
28. Start a fire using primitive techniques.
29. Make something useful out of trash.
30. Learn how to select good produce.
31. Hold the door open for others.
32. Learn to say Hello in 10 languages
33. So something that scares you a little.
34. Write a story.
35. Be on time.
36. Go camping.
37. Sing in the shower.
38. Try a new Café.
39. Knit a scarf.
40. Jump rope.
41. Write a poem.
42. Have better posture.
43. Grow some herbs and use them in cooking.
44. Forgive someone you've struggled to forgive.
45. Make your bed at least's 5 days a week.
46. Bake some healthy cookies.
47. Go to Yoga class.
48. Learn to be calmer.
49. Drink more herbal tea.
50. See the good in people who make you angry.
51. Throw a penny in a fountain.
52. Watch a movie in 3D.
53. Recycle.
54. Take more pictures.
55. Play the Kazoo.
56. Look for the silver lining when bad things happen.
57. Speak up more.
58. Frame and hang a inspiration quote in your home.
59. Draw with chalk on the sidewalk.
60. Make a point to appreciate small things.
61. Play more.
62. Go cloud watching and find a animal or two.
63. Get in touch with an old friend
64. Write a hand written letter to someone.
65. Throw a dinner party.
66. Write a love letter.
67. Take a class on something of interest.
68. Clean all the windows in your home.
69. Backup your computer files regularly.
70. Call your extended family more often.
71. Learn to tie a tie.
72. Meditate.
73. Perform random acts of kindness.
74. Learn to fix a tire.
75. Turn on a CD and dance!
76. Read a Dr. Seuss book.
77. Give up a bad habit.
78. Run a marathon.
79. Strike a conversation with a stranger.
80. Take the stairs not the escalator.
81. Go sailing.
82. Leave a large tip.
83. Start a business.
84. Get a piercing.
85. Get a tattoo.
86. Upload a video on YouTube.
87. Visit an art museum.
88. Make a paper airplane and fly it.
89. Fly a kite.
90. Go barefoot a few hours at least once a week.

*She Believed*  
SHE COULD  
*So She Did*

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# OBJECTIVE PLANNER

**Objective**

**Ideas & Inspiration**

**Action Plan**