

casual RESOLUTIONS



This is our **6th year version** of our Casual Resolutions kit. And this past year has been a doozy! The pandemic has changed our lives in many ways. Yet still a new year is a time when we reflect on where we've been and where we'd like to go. This is more important than ever now when we could all use a bit more positivity and hope. If you've downloaded our previous version you know this is a bit of a twist on the normal New Year's Resolutions. 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! There are **OPTIONAL PAGES** at the end of the kit that go with some of the ideas. (Pig Latin and Scavenger Hunt)

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 Pages** which are filled with unique suggestions. (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.

Pandemic Note: We've kept all the older ideas from previous years, however, many might not be applicable for the pandemic. Some of these can be "adapted" for a safer version. Skip the one's that are not appropriate until later in the year when hopefully things will be back to normal.

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. It's all good. And most of all, have fun!

craftyourhappiness.com

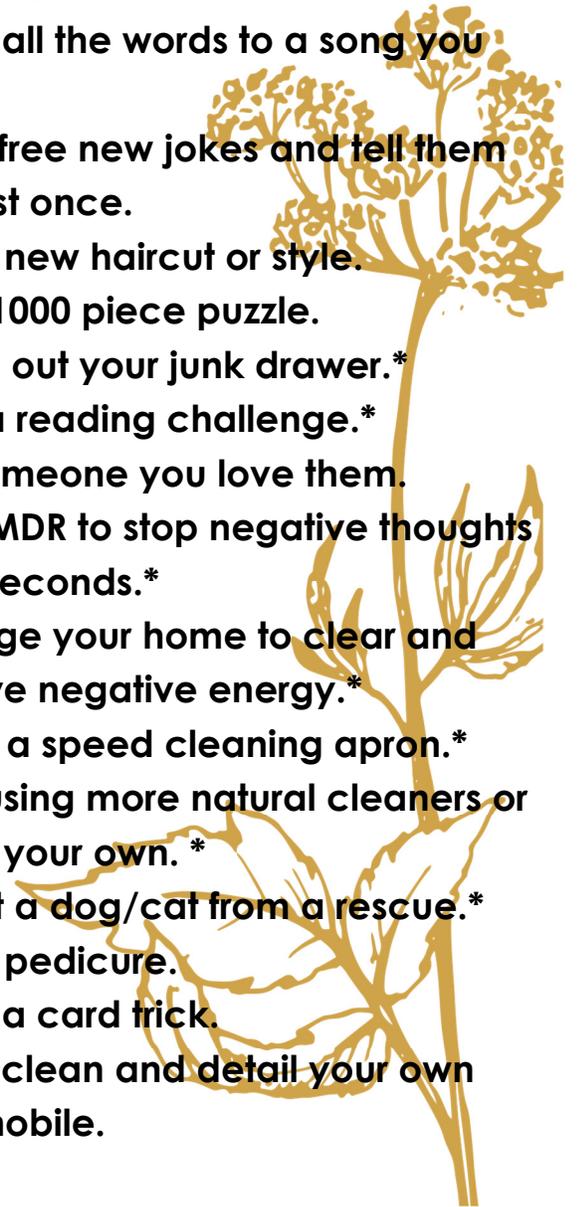




IDEAS

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

1. **Begin a new skin care regimen.**
2. **Sew your own creative mask.***
3. **Look at pictures of puppies.**
4. **Organize your kitchen cupboards.**
5. **Go through your clothes. Keep only those that “spark joy”. (Marie Condo Book*)**
6. **Learn to use Zoom (or any video chat software). ***
7. **Make a Vision Board for the year. ***
8. **Make a Cat TP for your kitty. ***
9. **Interview Grandparents over the phone.**
10. **Throw out all expired meds/ supplements.**
11. **Do an indoor scavenger hunt.
*FREE PDF ON THIS POST**
12. **Dye your hair.**
13. **Read a comic book.**
14. **Cut your hair or a family members.**
15. **Learn to speak Pig Latin. (FREE PDF)**
16. **Visit places via Virtual Travel App***
17. **Monterey Bay Aquarium Web Live Stream***
18. **Have in indoor picnic.**
19. **Start a personal or family tiktok channel.***
20. **Learn/Play old time game: checkers, tic-tack-toe, pick up sticks etc.**
21. **Begin using a firm handshake every time.**
22. **Watch a sunrise or sunset.**
23. **Learn all the words to a song you love.
Learn free new jokes and tell them at least once.**
24. **Get a new haircut or style.**
25. **Do a 1000 piece puzzle.**
26. **Clean out your junk drawer.***
27. **Start a reading challenge.***
28. **Tell someone you love them.**
29. **Use EMDR to stop negative thoughts in 60 seconds.***
30. **Smudge your home to clear and remove negative energy.***
31. **Make a speed cleaning apron.***
32. **Start using more natural cleaners or make your own. ***
33. **Adopt a dog/cat from a rescue.***
34. **Get a pedicure.**
35. **Learn a card trick.**
36. **Deep clean and detail your own automobile.**





IDEAS

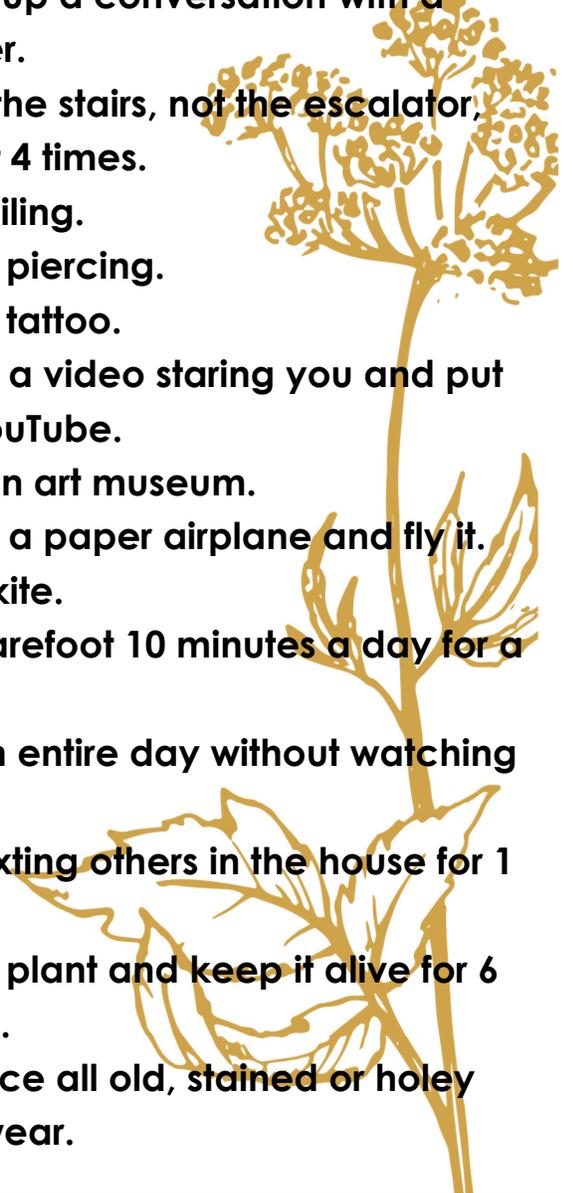
37. Make a donation to a worthy cause.
38. Pick up every piece of trash on your block.
39. Clean out your email.
40. Clean out and uninstall apps on your phone you don't use.
41. Go an entire day without texting anyone.
42. Compliment a stranger once a day for 4 days.
43. For one day, listen intently when people talk to you.
44. De-junk 1 or more rooms in your house.
45. Watch at least 3 documentaries.
46. Volunteer somewhere at least 3 or more times.
47. Read an entire book to a child.
48. Eat more raw fruits and vegetables overall.
49. Paint a room a new color you love.
50. Organize your digital photos.
51. Have a girls (guys) night out with friends.
52. Watch at least 3 classic movies.
53. Donate all clothes you don't wear anymore.
54. Learn the metric system for measurements.
55. Give blood.
56. Update all your passwords.
57. Go a full day without swearing.
58. Plant a tree or flowers other than in your yard.
59. Learn CPR for humans.
60. Learn CPR for pets.
61. Learn how to say "thank you" in 10 languages.
62. Ride a bicycle to work at least 4 times.
63. Make safe home cleaning products.
64. Climb a tree safely.
65. For 1 week, pick up trash outside when you see it.
66. Dress up for Halloween.
67. Create a last will and testament. Make it fun.
68. Write a poem or song.
69. Make something useful out of trash.
70. Learn how to select good produce.
71. Hold the door open for others for a week.
72. Learn to say Hello in 10 languages
73. Do something that scares you a little.
74. Write a story.
75. Be on time to everything for 1 week.
76. Sing in the shower, loudly.
77. Try a new Café.
78. Play a full game of monopoly.
79. Pay attention and have better posture.





IDEAS

80. Grow some herbs and use them in cooking.
81. Forgive someone you've struggled to forgive.
82. Make your bed every day for a week.
83. Bake some healthy cookies.
84. Go to a Yoga class at least twice.
85. Learn to meditate.
86. Try out 3 different herbal teas.
87. Find 3 good points in someone you don't like.
88. Throw a penny in a fountain and make a wish.
89. Start recycling or take one load to recycle.
90. Play a song on the Kazoo.
91. Frame & hang an inspirational quote in your home.
92. Draw a mural with chalk on the sidewalk.
93. Lay on the grass and find shapes in the clouds.
94. Get in touch with an old friend
95. Write a hand written letter to someone.
96. Throw a dinner party.
97. Write a love letter to someone and send it.
98. Take a class on something of interest.
99. Clean all the windows in your home.
100. Start a backup system of all your computer files.
101. Learn to fix a fire.
102. Turn on a CD and dance!
103. Give up a bad habit. Biting nails, etc.
104. Run a marathon.
105. Strike up a conversation with a stranger.
106. Take the stairs, not the escalator, at least 4 times.
107. Go sailing.
108. Get a piercing.
109. Get a tattoo.
110. Make a video staring you and put it on YouTube.
111. Visit an art museum.
112. Make a paper airplane and fly it.
113. Fly a kite.
114. Go barefoot 10 minutes a day for a week.
115. Go an entire day without watching any TV
116. No texting others in the house for 1 day.
117. Get a plant and keep it alive for 6 months.
118. Replace all old, stained or holey underwear.





IDEAS

119. Get a manicure.
120. Stop worrying about things before they happen.
121. Go a day with no Facebook/ Twitter Etc.
122. Take a 20 minute walk 3 times a week for 6 months.
123. Try 4 new vegan recipes.
124. Stop comparing yourself to others.
125. Buy more organic fruits and veggies overall.
126. Have a sleepover with a friend. .
127. Learn to do something new on the computer.
128. Read a positive self-help book.
129. Make a vision board full of pictures to inspire you.
130. Buy a piece of artwork from an artist you admire.
131. Get a pet from a shelter to bring into your home.
132. Go to bed by 10PM for a week.
133. Paint your front door a bright color.
134. Pay for the coffee for a stranger behind you.
135. Put change in a few vending machines & leave.
136. Mow, Rake etc. an older persons yard.
137. Leave kind notes in library books for kids.
138. Find an old friend on Facebook and reconnect.
139. Start a gratitude journal.
140. Stargaze and learn a few constellations.
141. Go someplace you always wanted to go.
142. Say hi to everyone you pass.
143. Give a smile to everyone you see.
144. Go one month without any soda pop.
145. Wean yourself off of caffeine.
146. Try a healthy food you've never eaten before.
147. Make a green drink every morning for a month.*
148. Overcome a fear (flying, spiders, snakes etc.)
149. Play, dance and twirl in the rain.
150. Clean out your file cabinet.
151. Eat less meat. Have a "meatless Monday"
152. Learn to use a computer program really well.
153. Take a one day "vacation" alone at a local hotel.
154. Buy an adult coloring book and nice pencils. Use it.
155. Take better care of your teeth. *
156. Take someone you disagree with



IDEAS



- politically out to lunch and do NOT talk politics.
157. Become pen pals with someone in prison.
158. Drink 8 glasses of water a day for a week/month.
159. Learn three good things about a political pundit, official etc. you DO NOT agree with. Research if needed.
160. 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.
161. 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.
162. Take a self-defense class.
163. Read a children's book/novel from your youth.
164. Read a book that was banned.
165. Have someone paint your face. Cat/dog/sparkles etc.
166. Write your memoir.
167. Do a 100 day challenge.
(Example: For 100 days: Take a photo. Draw something. Floss. Etc.
168. Visit a haunted house or take a haunted tour.
169. See a therapist or life coach for a few months. Even if you think you're mentally ok.
170. Learn about mindfulness and practice it.
171. Learn something new from a different book everyday for a week/month.
172. Buy a crossword book. Do one a day for 7/30 days.
173. Learn a new word every day and use it at least once.
174. Clean all your shoes.
175. Grow something then eat it.
176. Call a family or extended family member you have not talked too for a long time.
177. Make a "birthday/anniversary etc." reminder for important people in your life.
178. When someone is having a rough time and tells you about it JUST LISTEN & EMPATHIZE. Don't try to fix it.
179. Learn to do something you never learned as a kid. (Ride a bike, swim, play hop scotch etc.)
180. Dog owners, take a obedience class.



links for IDEAS

These links will take you to the appropriate post, video or website for some of the ideas on our list. Ideas with an additional link have an asterisk * at the end of them. If you're viewing this on your computer you can click the active link below. You can also copy and past the url into your browsers url space. You must paste it accurately to work with no space at the beginning or end.

IDEA LIST NUMBER

ASSOCIATED LINK

- | | |
|--|---|
| 2. Sew a Mask. | https://rebrand.ly/DIYNoSewMask |
| 5. Clean out clothes. (Marie Condo Book) | https://amzn.to/3oDrwDI |
| 6. Zoom. Video tutorial. | https://youtu.be/aof60na6B3c |
| 7. Make a vision board. | https://rebrand.ly/DIYvisionboard |
| 8. Make a cat TP. | https://rebrand.ly/DIYCatTP |
| 11. Indoor Scavenger hunt. (pdf) | https://rebrand.ly/CasualResolutionsKit2021 |
| 15. Learn Pig Latin (pdf) | https://rebrand.ly/CasualResolutionsKit2021
https://youtu.be/EoX6Nasi7cM (Pig Latin Video) |
| 16. Virtual Travel App. | https://rebrand.ly/virtualtravel (iPhone)
https://rebrand.ly/virtualtravelandroid (android) |
| 17. Monterey Bay Aquarium Live Stream | https://rebrand.ly/MontereyBayAquarium |
| 19. Start tiktok channel. | https://www.tiktok.com/en/ |
| 26. Clean out junk drawer. | http://bit.ly/organizeyourjunkdrawer |
| 27. Start a reading challenge. | http://bit.ly/readingchallengekit |
| 29. Use EMDR to stop negative thoughts. | http://bit.ly/1MinEMDRThoughtChange |
| 30. Smudge your home. | http://bit.ly/smudgingceremonykit |
| 31. Make a speed cleaning apron. | http://bit.ly/DIYSpeedCleaningApron |
| 32. Make natural cleaners. | http://bit.ly/DIYNaturalDisinfectantCleaner |
| 33. Adopt pet. (potty training post) | http://bit.ly/newdogpottytraining |
| 44. Dejunk one or more rooms. | https://rebrand.ly/3BoxRuleDejunking |
| 147. Make a green drink. | http://bit.ly/easiestgreensmoothie |
| 155. Take better care of your teeth. | http://bit.ly/kissthedentistgoodbye |



Handwriting practice lines consisting of 20 horizontal blue lines. On the right side of these lines, there is a vertical column of 20 empty square boxes for checking off progress.

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	6

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	1	2	3	4	5	6

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	1	2	3	4	5	6
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21	22	23	24	25	26	27
28	29	30	31	1	2	3

APRIL

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18	19	20	21	22	23	24
25	26	27	28	29	30	1

MAY

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

JUNE

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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	1	2	3

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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4	5	6	7	8	9	10
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AUGUST

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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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

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4	5	6	7	8	9
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31	1	2	3	4	5	6

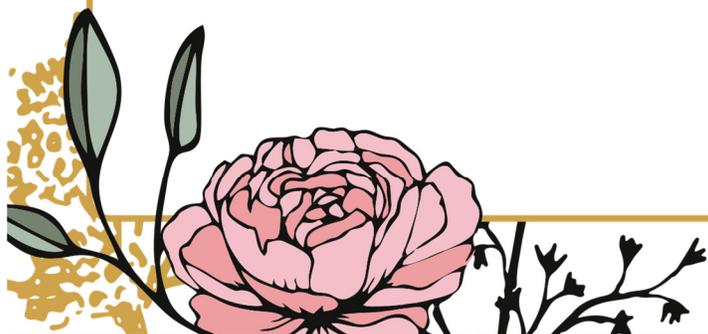
NOVEMBER

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28	29	30	1	2	3	4

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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19	20	21	22	23	24	25
26	27	28	29	30	31	1

objective PLANNER



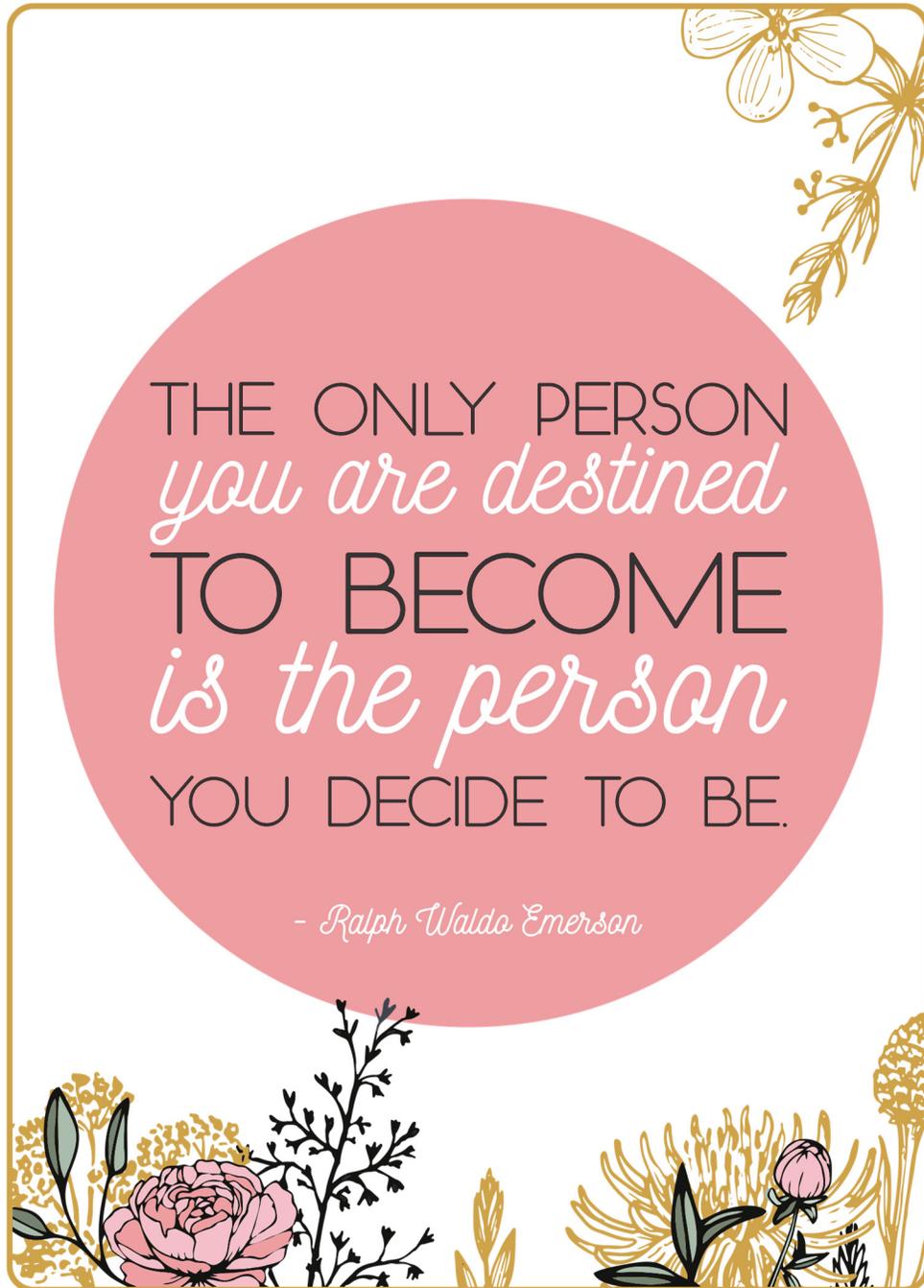
PRINTABLE BINDER COVER

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.





THE ONLY PERSON
you are destined
TO BECOME
is the person
YOU DECIDE TO BE.

- *Ralph Waldo Emerson*

indoor

SCAVENGER HUNT



- Something soft.
- Something furry.
- Something with wheels.
- Something purple.
- Something yellow.
- Something broken.
- Something that makes a sound.
- Something that rolls.
- Book about an animal(s).
- Flower (fake or not)
- Vegetable
- Rubberband
- Colored marker
- A gift someone gave you.
- Sandal
- Quotation (framed, in a book etc)
- Brown crayon
- Cookie
- Screw

- Dime
- Band-Aid
- Paperclip
- Hat
- Nail polish
- Ribbon
- Toothbrush
- Comb
- Something round.
- A cup
- A pot
- A clock
- Clothes hanger
- Something that stinks.
- Something that smells good.
- Something that makes a noise.
- Button
- Screwdriver
- A photo of any family member.

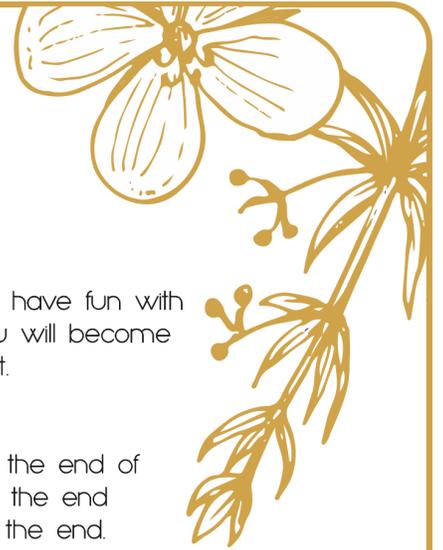
- Ring
- Plastic spoon
- Playing card
- Envelope
- Needle
- Something made of wood.
- Something made of metal.
- Something smaller than a dime.
- Piece of candy
- Eraser
- Flashlight
- Stuffed animal
- Key
- Comb
- Battery
- Ruler or measuring tape.
- Safety pin



Scavenger Hunt

- Something soft.
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how to speak PIG LATIN



Pig Latin is a nonsensical way to talk to disguise what you want to say or just have fun with your own language. It's easy to do once you get the basic concept and you will become fluent in no time! Feel free to google Youtube videos showing how to speak it.

BASICS:

To speak Pig Latin, move the consonant cluster from the start of the word to the end of the word; when words begin on a vowel, simply add "-yay", "-way", or "-ay" to the end instead. It does take a little practice. If a word starts with a vowel, say yay at the end. For example, out is "outyay." If a word has two letters that make one sound at the beginning, like "which," then you would take that sound and put it at the end, so "which" would become "ichway."

1. Learn how to form words beginning with consonants

Words beginning with consonants would change as follows: the word "hello" would become ello-hay, the word "dog" would become og-day and the term "Pig Latin" would become ig-pay Atin-lay. Words beginning with consonant clusters would change as follows: the word "twitch" would become itch-tway, the word "shove" would become ove-shay and the term "fruit smoothie" would become uit-fray oothie-smay.

2. Learn how to form words beginning with vowels

For words beginning with vowels, just add "-yay" (some Pig-Latin speakers may add "-way" or "-ay") to the end of the word. You don't need to change any letters around, just say the word as normal then add "-yay" to the end. For example: the word "it" becomes it-yay, the word "nut" becomes nut-yay and the word "ultimate" becomes ultimate-yay. This also is how you would use the personal pronoun "I," which becomes I-yay.

Learn how to form words containing the letter "Y." Words with the letter "Y" can be a little tricky, as whether you treat the letter "Y" as a consonant or a vowel changes depending on where the letter is in the word.

If a word starts with the letter "Y" it is treated like a consonant and typically moved to the end of the word, as usual. For example, the word "yellow" becomes ellow-yay. The normal rules apply if "Y" is the second letter in a two letter word, such as "my," which becomes y-may. But if the letter "Y" comes at the end of a consonant cluster, like in the word "rhythm," it is treated like a vowel and does not move to the end of the word. For example, "rhythm" becomes ythm-rhay. (Pronounced ithym-ray)

VARIATIONS:

- As this is a made up language there are some variations different people will use. For words beginning with a vowel, some add the word "yay" rather than "way" to the end of a word. For example, the word "ocean" would become ocean-yay rather than "ocean-way" and the word "inbox" would become inbox-yay rather than "inbox-way".
- Another variation is to add the letter "Y" to the beginning of a word that starts with a vowel, in addition to adding "yay" to the end. For example, the word "extra" would become yextra-yay and the word "orange" would become yorange-yay.
- One more variation entails adding the suffix "ay" rather than "way" to a word that begins with a vowel but ends in a consonant. For example, "after" would become after-ay rather than "after-way" and the word "olives" would become olives-ay rather than "olives -way".
- According to Wikipedia, just adding "ay" to a word beginning with a vowel is also acceptable. This variation clears up the confusion of added consonants (eg. wondering if the speaker means "wit" or "it").

how to speak PIG LATIN *(cheatsheet)*



Hello	Elohay
Please	Leasepay
What time is it?	Hatway imetay ishay ithay?
How is the weather?	Owhay ishay hetay eatherway?
How are you?	Owhay arehay ouyay?
What is your name?	Hatway ishay ouryay amenay?
Thank you	Hanktay ouyay
You are welcome	Ouyay arehay elcomeway
Good night	Oodgay ightnay
Who is that?	Howay ishay hattay?
Where are you going?	Hereway arehay ouyay oinggay?
I dont want to	Ihay ontday antway otay
Do you understand?	Oday ouyay underway tandsay?
Where do you come from?	Hereway oday ouyay omecay romfay?
Whisper it to me	Hisperway ithay otay emay
Can you speak Pig Latin?	Ancay ouyay peaksay igpay atinlay?
What are you talking about?	Hatway arehay ouyay alkingtay aboutway?
What is the password?	Hatway ishay hetay asspay ordway?
What is the answer for...?	Hatway ishay hetay answerway orfay...?
Why are you doing that?	Hyway arehay ouyay oingday hattay?
Im in trouble	Imhay inhay roubletay
Hide the gift now	Idehay hetay iftgay ownay
Wait until she leaves	Aitway untilway hesay eaveslay
Bring it tomorrow	Ringbay ithay omorrowtay
Follow me	Ollowfay emay
Dont leave	Ontday eavelay
Go now	Ogay ownay
I dont like this	Iay ontday ikelay histay
Why is he here?	Hyway ishay ehay erehay?
What is her name?	Hatway ishay erhay amenay?
Do you have the homework?	Oday ouyay avehay hetay omehay orkway?
He is so cute	Ehay ishay osay utecay
Call me	Allcay emay
Here is my number	Erehay ishay ymay umbernay
Dont tell them	Ontday elltay hemtay
This is a secret	Histay ishay ayay ecretsay
Please remind me	Leasepay emindray emay
No way	Onay ayway