

I. INTENTIONS over RESOLUTIONS

instead of emphasizing on *things to do*,
consider putting focus on *ways to be*. try
to identify your values and committ to live
them out wholeheartedly. when your heart
posture is right, everything else will follow.

[gather]

3. BE PERSONAL

it goes without saying, but *everyone is different*. this means that what you want to achieve in 2021 might be (and in a way, should be) very unique and personal.

create a few categories (health, finances, personal growth, career, school) and ask yourself how *you* want to change and grow in those areas.

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5. BE IN COMMUNITY

you don't have to do it alone. ask for an *accountability partner* who will check up on you for the first couple months. your community will not only help you to stick to your plan, but it can also help you see if your intention is *sustainable* or needs tweaking. reach out to a [gather] friend and let them in on your plan!

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