

What's the Problem?



It's time to make a New Year's Resolution



Note-taking sheet

What are some pros and cons of making a New Year's Resolution?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

If you have made a New Year's Resolution, what are strategies to turn it into a positive experience?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____