

## RESOLUTIONS

	<b>Physical</b> <ul style="list-style-type: none"> <li>- Exercise</li> <li>- healthy diet</li> <li>- 8 glasses of water</li> </ul>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Life Area</th><th style="text-align: center;">Metrics</th></tr> </thead> <tbody> <tr> <td style="text-align: center;">Physical</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> <tr> <td style="text-align: center;">Financial</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> <tr> <td style="text-align: center;">Mental</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> <tr> <td style="text-align: center;">Emotional</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> <tr> <td style="text-align: center;">Relationships</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> <tr> <td style="text-align: center;">Social</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> <tr> <td style="text-align: center;">Spiritual</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> <tr> <td style="text-align: center;">Purpose</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> <tr> <td style="text-align: center;">Character</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> <tr> <td style="text-align: center;">Recreational</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> <tr> <td style="text-align: center;">Career</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> <tr> <td style="text-align: center;">Organizational</td><td>#1</td></tr> <tr> <td style="text-align: center;"></td><td>#2</td></tr> </tbody> </table>	Life Area	Metrics	Physical	#1		#2	Financial	#1		#2	Mental	#1		#2	Emotional	#1		#2	Relationships	#1		#2	Social	#1		#2	Spiritual	#1		#2	Purpose	#1		#2	Character	#1		#2	Recreational	#1		#2	Career	#1		#2	Organizational	#1		#2	<b>Productivity</b> <ul style="list-style-type: none"> <li>- Identify priorities</li> <li>- focus</li> <li>- Review progress</li> </ul>	
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	<b>Mental</b> <ul style="list-style-type: none"> <li>- Learn</li> <li>- Plan</li> <li>- Think</li> </ul>		<b>Spiritual</b> <ul style="list-style-type: none"> <li>- Reflect</li> <li>- appreciate</li> <li>- increase awareness</li> </ul>																																																			
	<b>Relationship</b> <ul style="list-style-type: none"> <li>- Be authentic</li> <li>- Share</li> <li>- Loving acts</li> </ul>		<b>Emotional</b> <ul style="list-style-type: none"> <li>- Connect</li> <li>- Breathe</li> <li>- Communicate</li> </ul>																																																			
	<b>Financial</b> <ul style="list-style-type: none"> <li>- Pay off debt</li> <li>- Save money</li> <li>- Maintain records</li> </ul>		<b>Social</b> <ul style="list-style-type: none"> <li>- Meet people</li> <li>- Invite &amp; entertain</li> <li>- Volunteer</li> </ul>																																																			
	<b>Career</b> <ul style="list-style-type: none"> <li>- Complete projects</li> <li>- Promotion or better job</li> <li>- Satisfying work</li> </ul>		<b>Recreational</b> <ul style="list-style-type: none"> <li>- Travel</li> <li>- Fun experiences</li> <li>- Recharge</li> </ul>																																																			