

## 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><thead><tr><th>Life Area</th><th></th><th>Metrics</th></tr></thead><tbody><tr><td rowspan="2">Physical</td><td>#1</td><td></td></tr><tr><td>#2</td><td></td></tr><tr><td rowspan="2">Financial</td><td>#1</td><td></td></tr><tr><td>#2</td><td></td></tr><tr><td rowspan="2">Mental</td><td>#1</td><td></td></tr><tr><td>#2</td><td></td></tr><tr><td rowspan="2">Emotional</td><td>#1</td><td></td></tr><tr><td>#2</td><td></td></tr><tr><td rowspan="2">Relationships</td><td>#1</td><td></td></tr><tr><td>#2</td><td></td></tr><tr><td rowspan="2">Social</td><td>#1</td><td></td></tr><tr><td>#2</td><td></td></tr><tr><td rowspan="2">Spiritual</td><td>#1</td><td></td></tr><tr><td>#2</td><td></td></tr><tr><td rowspan="2">Purpose</td><td>#1</td><td></td></tr><tr><td>#2</td><td></td></tr><tr><td rowspan="2">Character</td><td>#1</td><td></td></tr><tr><td>#2</td><td></td></tr><tr><td rowspan="2">Recreational</td><td>#1</td><td></td></tr><tr><td>#2</td><td></td></tr><tr><td rowspan="2">Career</td><td>#1</td><td></td></tr><tr><td>#2</td><td></td></tr><tr><td rowspan="2">Organizational</td><td>#1</td><td></td></tr><tr><td>#2</td><td></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>																																																																	

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