

My New Year's resolution this year is to _____ . In order
(Name goal)

to do that, first I need to break it down into _____ steps. Then I will
(Number)

tackle the first step with help from _____, who is
(name person)

_____ and _____. We will listen to _____
(Adjective) (Adjective) (Name of Singer)

as we work to keep us in good spirits. After finishing the first step, I will

reward us with a trip to _____ where we will eat lots of _____.
(Favorite place) (Favorite food)

It's the little rewards that help motivate me to reach my New Year's _____.
(Noun)

The trick is to start a new step every _____ and then give myself the
(Day of the week)

week to complete it, thus relieving some pressure. And if for some reason I don't

finish the step, I won't yell, " _____!" at myself for not getting it
(Exclamation)

done. Some people think New Year's resolutions are _____, but I love
(Adjective)

them. They help me reach my goals by keeping me focused. I hope 2023 will be

a _____ year and I wish everyone the best in getting their lives more
(Adjective)

organized.