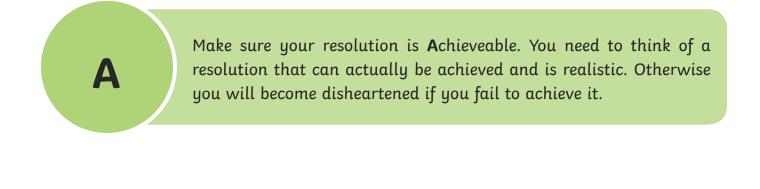
## New Year, New You Writing Activity

New Year Resolutions are like promises that people make at the start of a new year. The purpose of them is to reflect on the past year: thinking about both the mistakes and the good decisions you made, and to think about how you might make improvements in the new year coming.

To make a good resolution, you need to follow the ABC rule.



B

Make sure your resolution is going to **B**enefit you somehow. It needs to be a resolution that will improve things for you. This might not be life-changing but may be a small thing that might improve your situation that day.

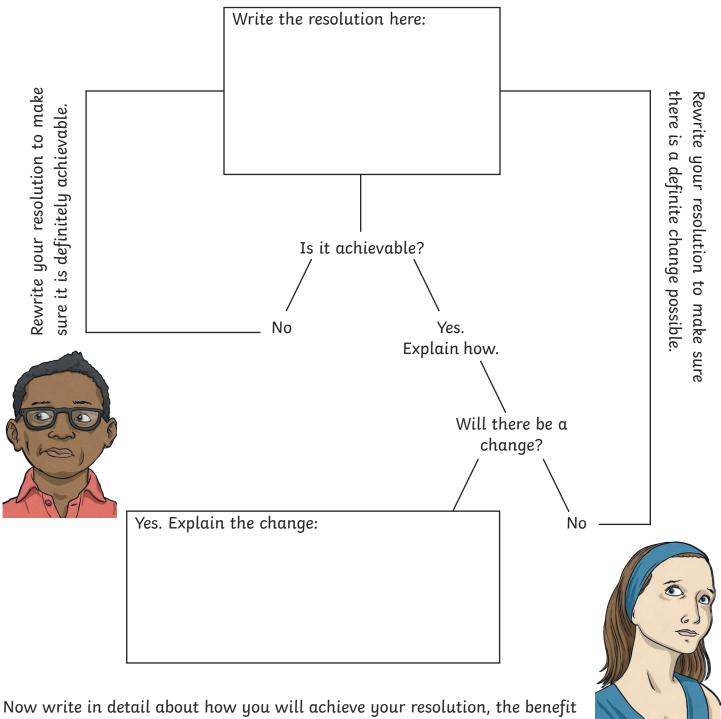
Make sure your resolution means that a **C**hange of some kind will occur. For improvements to be made, there needs to be a change in what you do.

Think of a resolution you could make based on the ABC rule.





Write the resolution in the box at the top.



to you and what change / changes you will need to make.








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