

Name: _____



Do you make New Year's resolutions? What is a *resolution*? A resolution is a promise. It is a promise that you make to yourself! It is a tradition for people to make resolutions at the beginning of a new year. There are different kinds of resolutions.

One sort of resolution has to do only with you. You might decide to keep your room clean, to stop eating candy, to exercise more, or to watch less TV. Other resolutions might be about other people. You could promise to be more patient with your little brother, to be more helpful to your mom, or not to get into fights with your friends. Some resolutions are about school and the outside world, such as missing less homework, trying to get better grades, or not teasing other people.

If you manage to keep these promises, it will make you feel better about yourself. So, it's important not to make wild resolutions that are too difficult to follow. *Your promises to yourself should not be too hard to keep.* Think about a S.M.A.R.T. goal.

List 3 ideas you have for your resolution:

- 1.
- 2.
- 3.

Now, choose the best one, and write a complete sentence describing your resolution:
