2025

It's a New Year, So What?

Tired of traditional New Year's resolutions?
Try these ideas instead!

- Do a "past year" review

- Dissolve instead of resolve

- Set intentions instead of goals

- Embrace progress over perfection

- Define your fears instead of your goals

- Commit to being present

- Choose a word or mantra for the year

- Be curious and experiment

- Replace a wagging finger with a willing heart