

New year's resolutions

New year's resolutions are promises you make to yourself at the start of a new year. Take a look at mine – they might give you some ideas of your own!



This year, I will...

- * be friendly to new people.
- * try a new activity.
- * keep my room clean and tidy.
- * do something kind every day.
- * ask Mama and Papa for my own flowerbed.
- * eat five portions of fruit and vegetables a day.
- * enter a tennis tournament.
- * start my own fashion label!



Sometimes it can be tricky to keep new year's resolutions, but if you write them down and stick them somewhere obvious you will always have them in your mind. I know you can do it!



So what are your new year's resolutions? Write them in below, then at the end of the year, give yourself a mark out of five for how well you managed to keep them. Colour in the number of stars you think you deserve for each one!



This year, I will...

1. ★ ★ ★ ★ ★
2. ★ ★ ★ ★ ★
3. ★ ★ ★ ★ ★
4. ★ ★ ★ ★ ★
5. ★ ★ ★ ★ ★
6. ★ ★ ★ ★ ★
7. ★ ★ ★ ★ ★
8. ★ ★ ★ ★ ★
9. ★ ★ ★ ★ ★
10. ★ ★ ★ ★ ★

