

New Years Resolutions 2015

1. Noun

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1. I, (name of _____ Noun in room), will (verb) every day at the gym for at least (number) minutes.
2. At the dinner table, I will eat only (number) servings of (noun).
3. I will watch only (adjective) television shows.
4. I will tell (name of person in room) that I think he/she is a/an (adjective) (noun).
5. I will ask my boss for a/an (number)-dollar raise.
6. I will admit that I have a/an (adjective) personality.
7. I will take my (noun) to (noun) at least once a month.
8. I will (verb) one book every (number) weeks.
9. I will try to lose at least (number) pounds.
10. I will return the (adjective) (plural noun) I borrowed from (person in room).
11. I will get on a (noun) and only spend (number) dollars a month.