

Word Bank

- new year
- resolution
- goal
- promise
- plan
- choice
- habit
- challenge
- effort
- practice
- improve
- learn
- grow
- try
- focus
- responsible
- proud
- confident
- patient
- kind
- healthy
- organized
- brave
- determined
- motivated
- success
- progress
- mistake
- reflect
- future
- past
- action
- step
- timeline
- routine
- support
- reminder
- celebrate
- self-control
- perseverance
- teamwork
- commitment
- mindset
- attitude
- balance
- energy
- strength
- skills
- progress
- achievement
- goal-setting
- planning
- practice
- improvement
- reflection
- effort
- confidence
- independence
- responsibility
- fresh start
- new beginning
- goal setter
- positive change
- effort matters
- daily practice
- healthy habit
- good choice
- strong mindset
- personal goal
- self-belief
- responsibility
- courage
- patience

Linking Words & Phrases

- first
- next
- then
- after that
- finally
- also
- and
- another
- for example
- such as
- because
- so
- since
- when
- before
- after
- during
- if
- while
- to help
- to improve
- in order to
- at the end
- overall
- in the future
- this year
- last year
- one reason is
- this shows
- as a result
- for this reason
- step by step
- little by little
- over time
- every day
- each week
- by the end
- if I try
- even if
- I will keep going
- I can ask for help
- I will not give up
- to begin with
- one goal is
- one step is
- another step is
- this will help me
- I plan to
- I will try to
- I can practice
- I can improve by
- little by little
- over time
- each day

New Years Resolutions

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**BUILD MY
STORY™**