

Mind Mapping Your New Year Resolution

Resolution Outcome: EX: To have a healthy lifestyle.

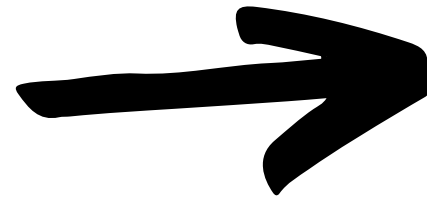
THE OLD ME

THE NEW ME

Poor eating choices and filling up on snacks.



Bad Habit to Change



New Habit to Adapt

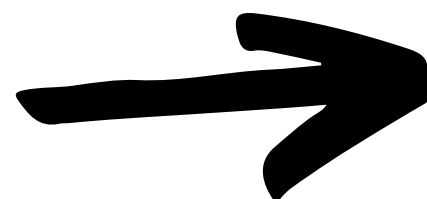
Eat a balanced meal. Resist bad foods. Meal Plan.



Eating bad food when in a rush. Being stuck with unhealthy food options.



Anticipated Hurdles



Prepared ways to Overcome

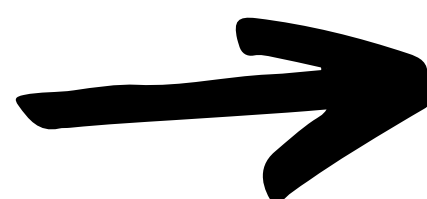
Put healthy snacks everywhere! Plan healthy menu Go-To options.



When I get off track or do not lose weight as expected.



That which may discourage



Motivation to keep in mind along the way

Remember: this is a long term lifestyle change.



Uneducated on the right food options, recipes and food preparation.



My lifestyle now



My Desired lifestyle

I fuel myself with & enjoy nutritious meals promoting long term health.



Due/end date:

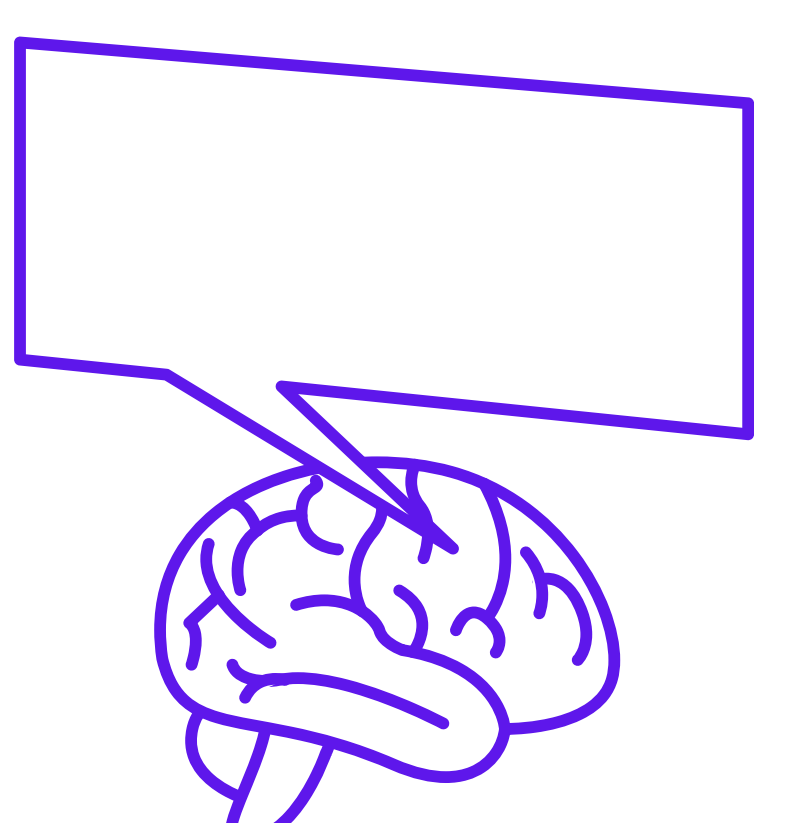
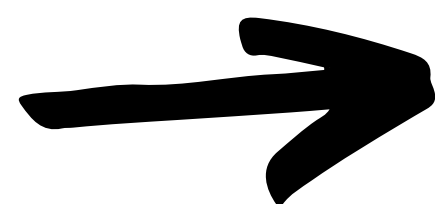
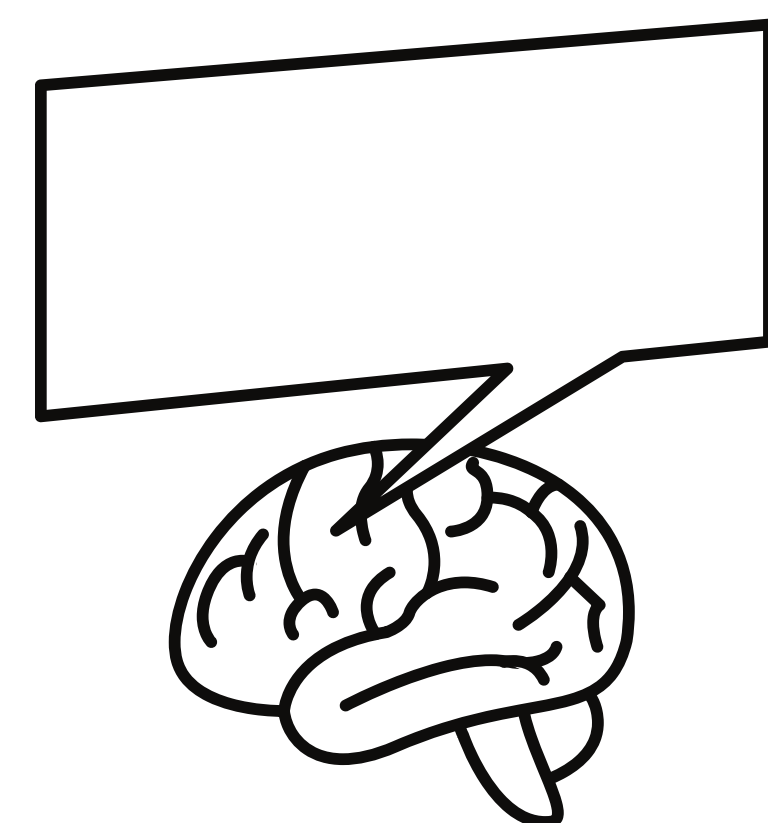
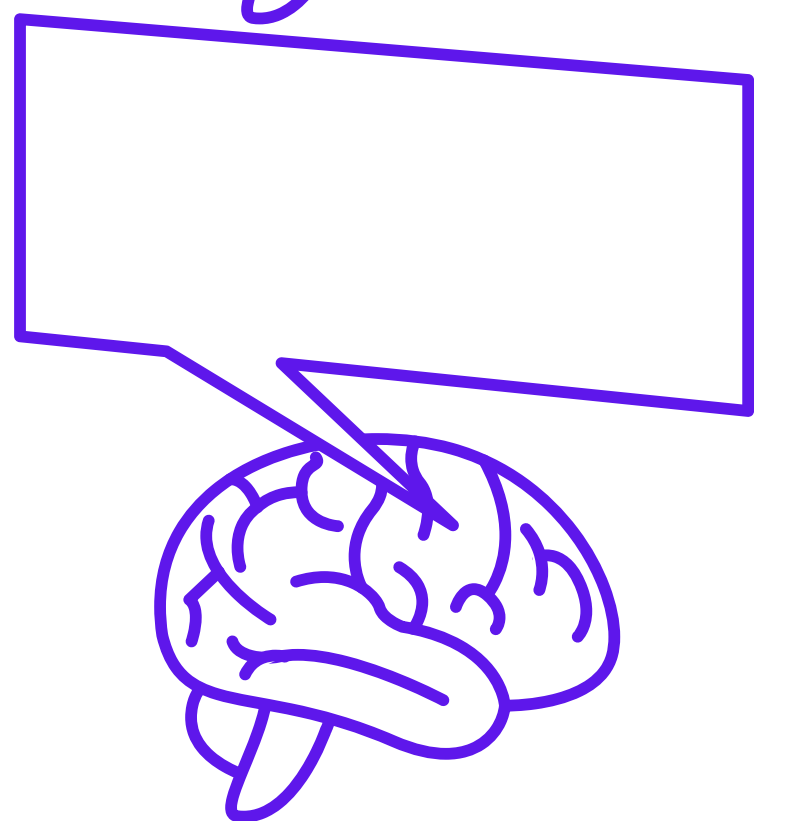
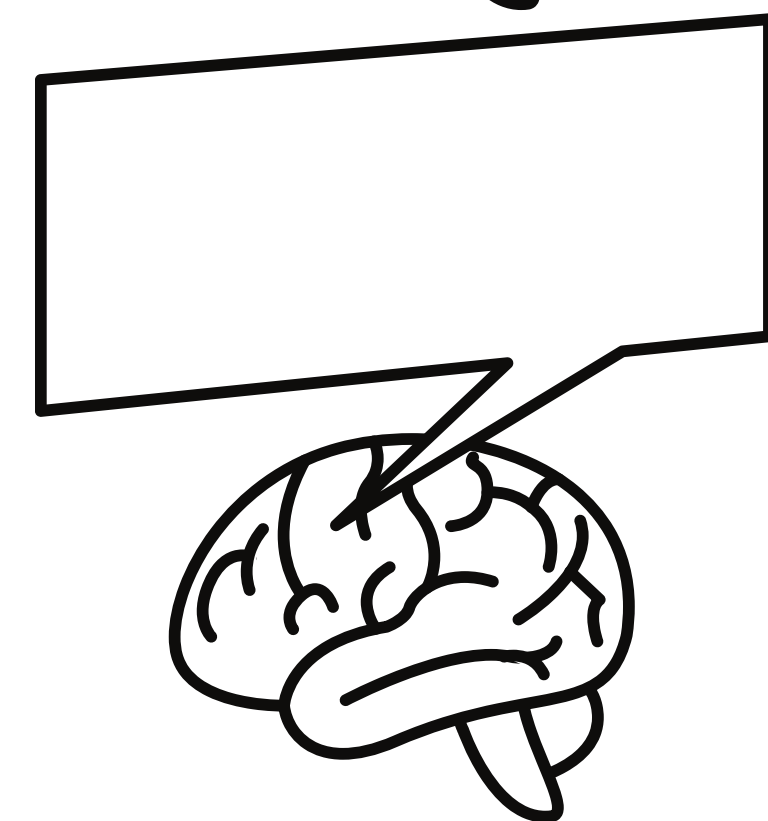
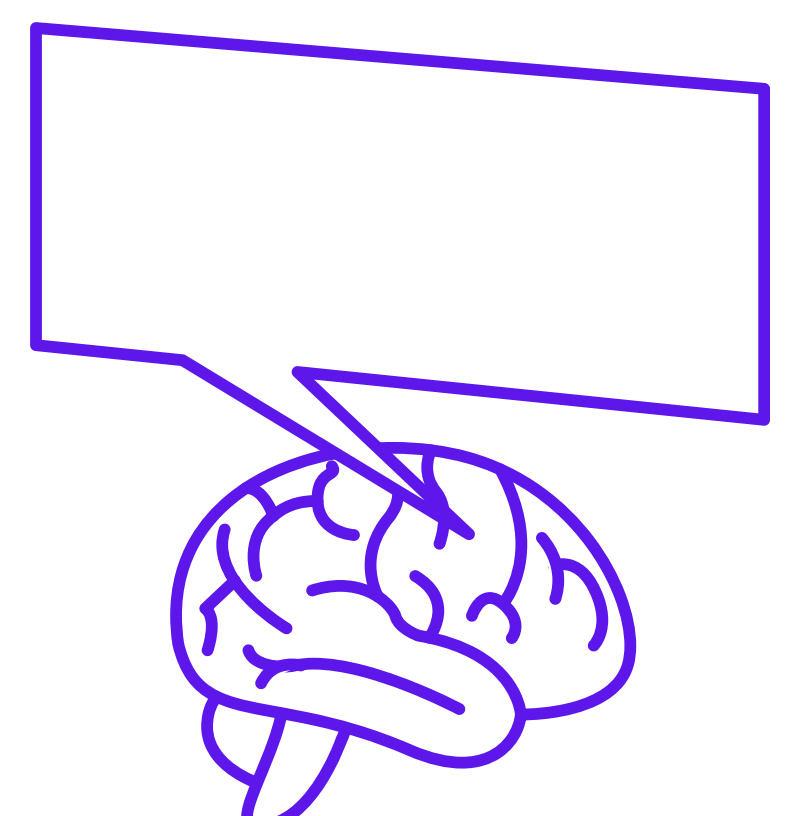
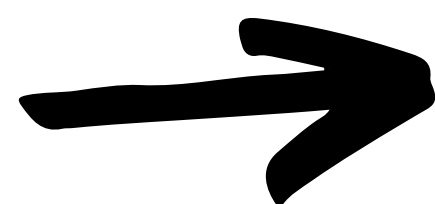
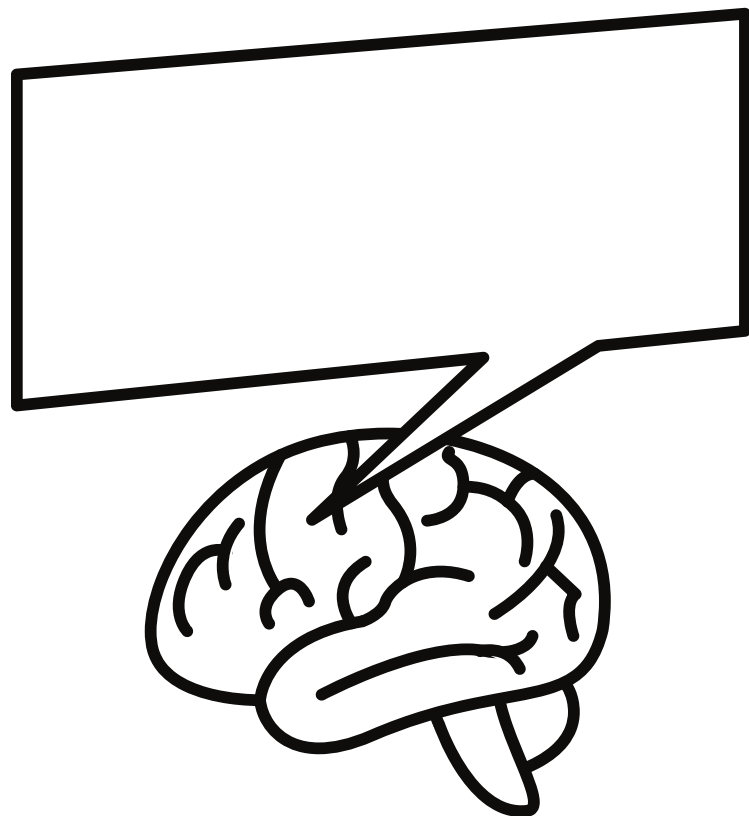
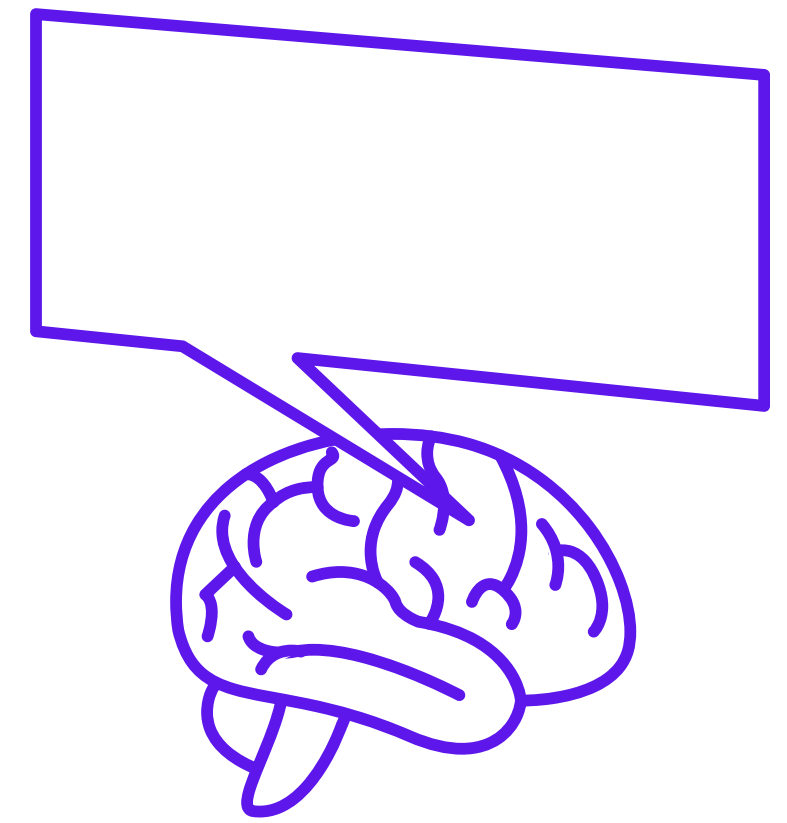
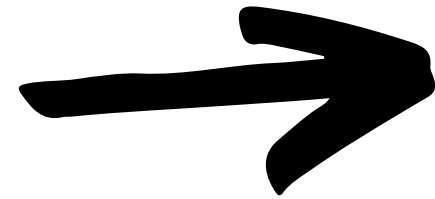
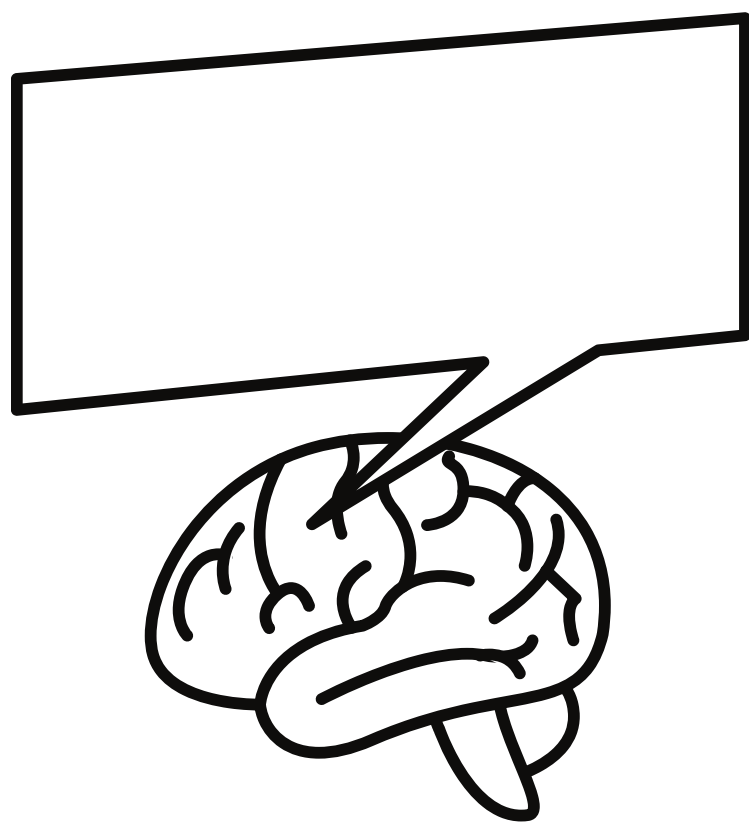
*Keep in mind, Not all goals take the duration of the year to complete.

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