



## 5 Self-Reflection Questions for Meaningful Resolution Writing

<p><b>“For what about 2020 am I grateful?”</b></p>	
<p><b>“Which new habits formed during 2020 do I want to keep? Which do I want to drop or minimize?”</b></p>	
<p><b>“What would make me happier in 2021?”</b></p>	
<p><b>“What is a concrete action that would bring me closer to realizing my resolutions?”</b></p>	
<p><b>“How can I hold myself accountable?”</b></p>	