



# One Word

# RESOLUTIONS

Growth

Joy

Peace

Hope

Contentment

Gratitude

Perseverance

Humility

Generosity

Kindness

Faithfulness

Gentleness

Strength

Flexible

Integrity

Empathetic

Reliable

Supportive

Trusting

Knowledgeable

Love

Patience

Endurance

Self-Control

Expressive

Grace

Wisdom

Courage

Comfort

Authentic

Compassionate

Discipline

Effective

Determined

Cooperative

Efficient

Organized

Loyal

Sincere

Self-Confidence



# One Word GOALS!

**SPIRITUAL** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SELF** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**RELATIONSHIPS** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**HEALTH/WELLNESS** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**CAREER** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**FINANCIAL** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**OTHER** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_