



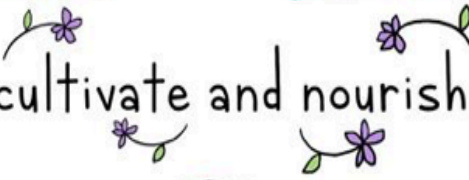







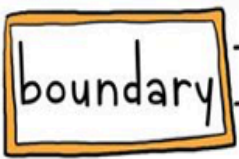
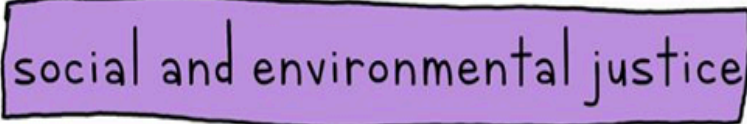



10 IT'S A NEW MOMENT RESOLUTIONS

1. I will be  kinder to myself by...
2. Something I've been  scared to do  but will try anyway is...
3. A  relationship I will cultivate and nourish is with... 
4. I will be more  present and  mindful when...
5. A  mistake I will try to  repair is...
6. A way I will bring more  laughter, play and  fun into my life is...
7. Something  I will let go of is...
8. A  boundary I will better honor is...
9. I will work towards  social and environmental justice by...
10. I will  listen to my wise voice within and...