

# 2016 Resolutions

**LESS**

TALKING  
PLANNING  
SODA  
JUNK FOOD  
COMPLAINING  
WORRYING  
DOUBTING  
LAZING AROUND  
FROWNING  
INSECURITY  
WEAKNESS  
IGNORANCE  
HATE  
UNGRATEFULNESS

**MORE**

LISTENING  
DOING  
TEA  
SALADS  
ENCOURAGING  
HOPING  
BELIEVING  
WORKING OUT  
SMILING  
TRUST  
CONFIDENCE  
UNDERSTANDING  
LOVE  
GRATITUDE

