

# **NEW YEAR'S RESOLUTIONS**

**DO SOMETHING GREAT**

**IN**

**2008!**

# **Do something great for your MIND**

- **Pay off debt**
- **Learn something new**
- **Get a better education**

# **Do something great for your BODY**

- **Lose weight**
- **Get fit**
- **Stop smoking**

# **Do something great for your SPIRIT**

- **Reduce stress**
- **Volunteer**
- **Spend more time with family and friends**

**HAPPY  
NEW  
YEAR**

