



# Why Mental Health Should Be Your #1 New Year Resolution

**1. Self-Reflection: How Are You Really Doing?** Take a moment to check in with yourself.

- What emotions have been most present for you lately?

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- Where have you been feeling stressed, tired, or overwhelmed?

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- Where have you been feeling steady or supported?

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**2. What Gets in the Way?** Identify the barriers that tend to pull your focus away from mental well-being.

- Stress
- Perfectionism
- Overcommitment
- Lack of time
- Difficulty saying "no"
- Other: \_\_\_\_\_

Which of these affects you the most?

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3. Your 2026 Mental Health Priorities: Choose one to three areas that feel meaningful right now.

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|--|---|
| <input type="checkbox"/> Mindfulness           | <input type="checkbox"/> Joyful movement      |
| <input type="checkbox"/> Digital boundaries    | <input type="checkbox"/> Sleep                |
| <input type="checkbox"/> Gratitude             | <input type="checkbox"/> Emotional regulation |
| <input type="checkbox"/> Therapy or counseling | <input type="checkbox"/> Relationships        |

Why did you choose these?

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4. **Micro-Resolution Builder:** Create one small, realistic action for each priority.

Priority: \_\_\_\_\_

My micro-resolution: \_\_\_\_\_

Priority: \_\_\_\_\_

My micro-resolution: \_\_\_\_\_

5. **Accountability + Compassion:**

Who can support you?

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How will you practice kindness toward yourself if you slip up?

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