

THE RESOLUTION SOLUTION CHALLENGE

- 2017 Resolutions
1. Exercise
 2. Eat healthier
 3. Lose weight
 4. Better sleep
 5. Less stress

INTEGRATE, OR DISINTEGRATE

Make your resolution a part of your daily routine, or it will go away.

This week on the Resolution Solution, find ways to weave your resolution into your life. If you make your resolution a part of your daily routine, you will set yourself up for success! It's time to change our old habits and make new ones.

