

# New Year's Resolutions

## New Year's Resolution Bingo Game 2020

✓ GOAL  
✓ PLAN  
✓ ACTION

Start the gym  
"New Year, New Me!"

Learn a language  
"Parlez-vous... err  
what exactly?"

Quit smoking  
"It's fine, I'm just a  
social smoker"

Eat healthier  
"I'll start on Monday!"

Spend less money  
"Does it count if it's  
in the January  
sales?"

Be more organised  
"I've watched Marie  
Kondo, I've got this"

Spend less time on  
Social Media  
"Just let me post my  
NYE selfie first"

Read more books  
No the gossip  
columns & the Netflix  
synopses don't  
count!

Volunteer to help out  
a charity - small acts  
of kindness are worth  
their weight in gold!

Be a more positive  
person - think more  
Dalai Lama and less  
Kim Kardashian  
drama

Go out of your  
comfort zone  
There's a big world  
out there!

Make more time for  
date night  
"We just need more  
quality us time!"

Be kinder to yourself  
- "Does eating an  
18-inch pizza to  
yourself constitute  
self-love?"

Keep up to date with  
current affairs -  
"Joris Bohannon,  
who?"

Drink more water  
hydrate to feel great!

Stop procrastinating  
- cue writing a long  
to-do list of  
everything that won't  
get done

Watch less TV/Netflix  
- "please, just one  
more episode?"

Dry January - "ok I'll  
just have one drink,  
but only one!"

Gossip less - "Nobody  
cares who said  
what!"

Travel more places -  
no, the local doesn't  
count!

Pay off your debts  
Debt-free for 2020!

Run a marathon - it's  
easier said than  
done!

Cut out sugar  
"I'm sweet enough!"

Wake up earlier - no  
more hitting the  
snooze button

Face your fears - let's  
see what you're  
made of