**2021 Intentions**

I want to Learn:

I want to Try:

I want to Have:

I want to Start:

I want to Continue to:

I’m going to Stop:

I want to Be:

Some suggestions include:

* Less screen time
* More sleep
* Workout daily
* Read
* Volunteer
* Check in on a friend
* Drink more water
* Eat healthier
* Schedule doctor appointments
* Get organized
* Learn a new skill
* Take breaks from technology
* Connect with friends and family