

Have you been wanting to:

- READ MORE
- FEEL LESS OVERWHELMED
- LIVE LIFE TO THE FULLEST
- DECLUTTER & GET ORGANIZED
- LEARN A NEW SKILL OR HOBBY
- EXERCISE MORE
- DEVELOP A DEEPER SPIRITUALITY
- LOSE WEIGHT
- TRAVEL MORE
- SAVE MORE MONEY / SPEND LESS MONEY

Focus on **ONE** or **TWO** of these goals as New Year Resolutions, and join Norm's Workshop!

New Year Resolution Workshop

with **NORM RICHEY**
MSW & Certified Life Coach

Wednesday Jan 17th

Wednesday Feb 21st

Wednesday Mar 20th

Additional workshop dates TBD

7:00 - 8:30 PM
on ZOOM



One study revealed that after a year **only 8%** of people were successful in achieving their Resolutions **while 73%** experienced little to no success. **Significantly increase** your chances of successfully achieving your Resolutions by attending Norm's Workshop. You will learn:

- How to write SMART Resolutions (Goals) that increase the probability of successful achievement.
- How to write small actions steps that lead to success which increases motivation and positive self-regard.
- 2 simple techniques that will significantly increase follow through on action steps.
- *The Transtheoretical Theory of Change*, by James Prochaska.

The 1.5 hour class will meet once a month in January, February, and March. Additional dates to be determined. Participants will be asked to partner with another member in the group for support and accountability.

Please register at nyresolutionworkshop@uusm.org by January 15 and receive Zoom Link info.