

Have you been wanting to:

- Exercise more
- Lose weight
- Develop a deeper Spirituality
- Feel less overwhelmed
- Declutter & Get organized
- Read more
- Live life to the fullest
- Other of your choosing

Pick **ONE** or **TWO** to focus on as New Year Resolutions, and join Norm's Workshop!

Wednesday Jan 15th
Wednesday Feb 19th
Wednesday Mar 19th
others TBD

All Workshops
7:00 - 8:30 PM
on ZOOM



New Year Resolution WORKSHOP

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

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.
- Two simple techniques that will significantly increase follow through on action steps.
- *The Transtheoretical Theory of Change*, by James Prochaska.
- Ideas about developing good habits from "Atomic Habits" by James Clear
- And you are not alone. You'll be with a very inspiring and supportive group of participants, all working toward a common end: to achieve their resolutions/goals.

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