

A P A R E N T ' S  
T O  
G U I D E

# New Year's Resolutions

**axis**

# In This Guide . . .

- **Resolutions: Love ‘em or leave ‘em?**
- **When did New Year’s resolutions become a thing?**
- **Why are they so hard to keep?**
- **Why should my family and I make resolutions?**
- **That sounds like it just adds more to our crazy schedules. How do we make this happen?**
- **How do we choose good goals?**
- **What do I do if my teen refuses to participate?**
- **Final thoughts**
- **Resources**