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