

RESOLUTION PHASE
Action-Able Exercise R3:
Translate *don't* or *should* into *I will*

Consider the translation examples below and reword your potential resolution in affirming terms in the space below.

<u>Translate <i>Don't</i></u>	<u>into <i>I will</i></u>
Don't eat junk food.	I will keep nuts in my desk drawer so I eat a healthy snack when hungry.
Don't check Facebook at work.	I will get up to stretch and move when I need a break at work.
I should be a better listener.	I will check in with each of my children at bedtime, listening to the stories of their day.
Don't criticize my employees.	I will offer gratitude to each member of my team daily.
I ought to floss my teeth.	I will post a reminder on my bathroom mirror so I remember to floss each evening.

Write your resolution in positive terms:

I will _____
