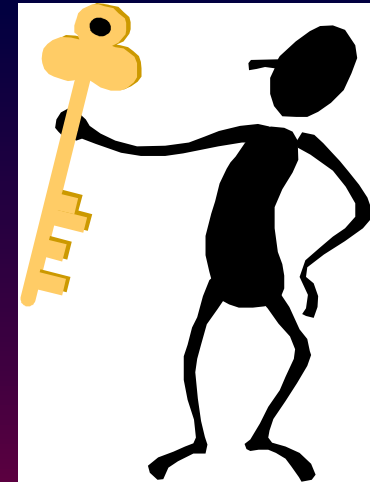


Guiltless Resolutions

Lin Morel

1. Identify your wants
2. Visualize results
3. Use self-talk to reinforce results
4. Keep a journal
5. Forgive yourself
6. Forgive others



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