



**Remove your
2024 roadblocks.**

Less of this

More of this

**Are there any previous goals, relationships
or hopes that you'd like to connect
with in 2024?**

**What are your goals for 2024 and how
will you accomplish them?**

**What parts of the Resolution™ program
will help you accomplish your goals?**

**Who will be your support system
this year and why?**

weekly gratitude

**What are you
thankful for?**

1. _____

2. _____

3. _____

**MEMORIAL
HERMANN®**

resolution®