

# ALTERNATIVE NEW YEAR'S RESOLUTIONS

New Year can feel like you need to change overnight- but we know it's not that easy! Try out some 'Compassionate Resolutions' this year that center your own health and wellbeing journey.

## TIP

Why not try a sport that you used to love?

Old resolution:

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Compassionate Resolution:

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Old resolution:

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Compassionate Resolution:

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Old resolution:

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Compassionate Resolution:

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