

New Year's Resolutions (2023)

[Feb 5 2023]

My GOAL is to

(Jan 31)

(Feb 28)

Evaluation

Goal	D/L	1st month	2nd month	3 rd month	6th month
1 Use Positive Words + Take a Positive Attitude, especially while gossiping	N/A	:(
2 Workout (20 minutes a day)	N/A	√			
3 Watch K-dramas (25 min a day)	N/A	√			
4 Watch US-dramas (25 min a day)	N/A	√			
5 Take Korian Lessons (twice a week)	N/A	√			
6 Go out for drinks with colleagues/friends (once a month)	N/A	:(
7 Read 3 books a month	N/A	:(
8 Check news sites (1 news a day)	N/A	√			
9 Lose some weight (3 kilos) * 1st:1kilo 2nd: 2kilos	31-Mar	√			
10 Go if invited	N/A	√			
11 Travel to Korea -Jogging at Han River Parks	25-Aug	N/A	N/A	N/A	N/A