RESOLUTIONS!

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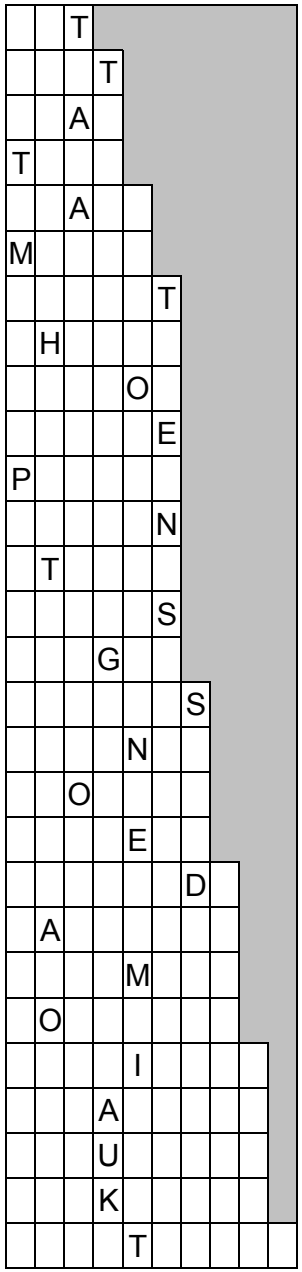
Eat less __ by choosing lean meats and better foods
Change spending habits and get out of __
Set a personal __ to achieve something great this year
Spend more __ with friends and family
Take the time to __ new things everyday
Cook healthy __ and eat out less
Set a __ and save for that big purchase
Attend and participate in a __ or religious group
Go to a __ and get a physical exam
Get more exercise: park farther from the __
Be more patient and tolerant when dealing with __
Become a better __ and read a self-improvement book
Take __ instead of the elevator for more exercise
Eat dessert only occasionally and eat less __
Exercise, get fit, and lose __
Be responsible and accountable for your __
Call or visit your __ more frequently
Quit __, either with the patch or cold turkey
Develop better study habits to become a better __
Try to keep a positive __; it could be worse
Plan a fun and affordable family __
Take __ and supplements for better health
Take time for __ with a massage, meditation, etc.
Improve __ by keeping busy with personal interests
Get more __ by sorting out paperwork and tasks
__ time to help those in need
Respect coworkers and improve relations in the __
Eat more green and crunchy __



W	L	V	S	E	N	G	S	R	I	A	T	S	C	S
S	O	S	I	M	L	R	A	K	R	F	O	T	H	W
N	P	R	S	T	O	P	A	Y	H	L	R	H	U	E
O	M	E	K	E	A	K	O	E	G	E	G	G	R	E
I	F	E	R	P	N	M	I	E	L	S	A	I	C	T
T	N	O	A	S	L	I	I	N	P	R	N	E	H	S
C	G	R	E	L	O	A	P	N	G	U	I	W	T	B
A	S	K	R	A	S	N	C	P	S	O	Z	B	A	U
N	O	I	T	A	C	A	V	E	A	Y	E	E	H	D
T	B	Y	S	T	N	E	R	A	P	H	D	T	K	G
T	I	M	E	X	V	O	L	U	N	T	E	E	R	E
E	A	T	B	E	D	A	T	T	I	T	U	D	E	T
R	Y	V	E	G	E	T	A	B	L	E	S	T	A	F
S	T	U	D	E	N	T	D	O	C	T	O	R	S	X
L	A	O	G	E	A	V	O	F	F	I	C	E	R	E

Enter unused letters from puzzle, in order:

__ __ __ __ __ __ __ __ ☐ __ ☐ __ ☐ __

__ __ __ __ ☐ ☐ __ ☐ __ ☐ __ __ ☐

__ __ ☐ __ ☐ ☐ __ __ ☐ ☐ __ ☐ __

Copy boxed letters to form your hidden message:

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