



RESCUE



If you're like me, you need daily reminders of your goals for the year. Well, here it is. Stick this resolution reminder on your fridge, your bathroom mirror — anywhere you can't ignore it.



IN 2018 I WILL



(Date)

(Lose ten pounds)

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PHOTO

Add photos here to spur you on. Maybe it's the bridesmaid dress you want to fit into, your kids, that upcoming beach vacation.

