

ALL NEW!

IMPROVED!

THE NEW YEAR / NEW YOU RESOLUTION

The incredible urge to make resolutions hits hardest between December 31st and January 1st. Trouble is, most people decide to do something *new*—but they don't follow through. All their good intentions last about as long as the fizz in an opened Coke that's been left out overnight.

Now, here's your chance to defy all the old ways and do something new to improve. Check out the suggestions. Then fill in the blanks surrounding the "New Year/New You Resolution" and "New and Improved! Personality Wear!" Being new and improved is what God had in mind all along: "Put on your new self, which is created in God's likeness . . ." (Ephesians 4:24).

Read Ephesians 4:17-32 for a better-than-ever, brand-new outlook on life. Then fill in the blanks with special, "pizzazzy" ways to "put on your new self." For best results, be specific.

I'll think about

(who/what) _____
(when) _____

I'll listen to

(who) _____
(when) _____

I'll say good things about

(who) _____
(when) _____

I'll reach out to

(who) _____
(when) _____

I want to improve my love relationship with

(who) _____
by (doing what) _____

I'll look for the best in

(who) _____
(when) _____

I'll "buckle down" and

(do what) _____

I'll spend time with

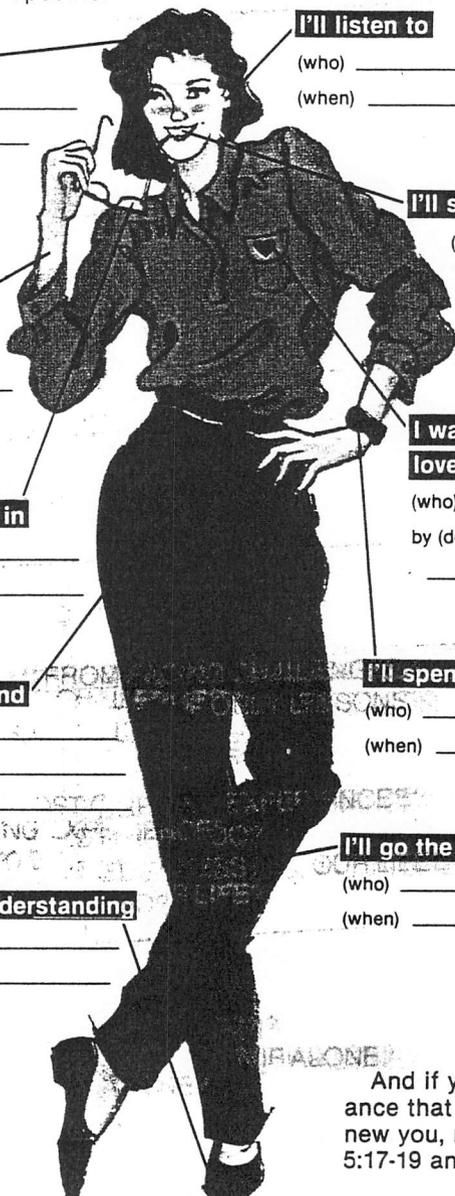
(who) _____
(when) _____

I'll work at better understanding

(who) _____
(when) _____

I'll go the extra mile for

(who) _____
(when) _____



And if you still need assurance that God's at work in the new you, read 2 Corinthians 5:17-19 and Colossians 3:9-10.