

In the New Year I promise to ABC

achieve	do	inspire	question	verify
act	dream	invite	reach	vote
ask	embrace	journal	read	wake up
balance	empower	justify	renew	watch
be	encourage	sleep	reflect	wander
befriend	face	laugh	remember	work
believe	find	learn	serve	write
build	fire up	listen	share	excel
care	flourish	live	sing	exercise
challenge	focus	love	smile	experience
comfort	give	make	stay	explore
compliment	grasp	master	stretch	express
connect	grow	motivate	teach	grow
cooperate	feel	network	think	zig zag
create	help	overcome	trust	zip it
debate	hope	participate	try	take, appreciate &
dazzle	hug	plan	understand	write
demonstrate	imagine	prepare	value	travel