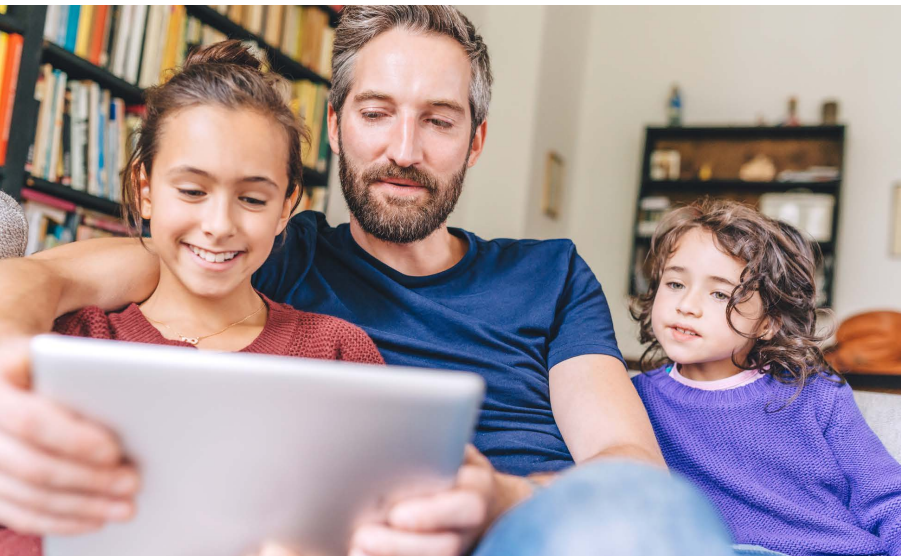


# SKIP THE RESOLUTIONS & END THE GUILT

Create family values instead



For many of us, the new year is an opportunity to reset and refocus on personal development. But we all know that most New Year's resolutions get broken almost as soon as they get started. Skip the guilt and take a simpler approach by setting family values together. Here is a quick expert-approved checklist to help you and your kids develop (realistic) family goals that will make this your year to succeed.



First of all, what are your family values? Have a conversation about what principles & beliefs are most important to your family.



Reflect on the past year — the highs, the lows, and everything in between. This can help both you & your child identify areas for improvement.



Encourage your child to make at least one commitment that's measurable, and reasonably achievable within a specific timeframe.



When you can, make goals actionable. Encourage your child to set at least one commitment that's measurable, and reasonably achievable within a specific timeframe.



How will you celebrate your wins? Have a discussion about how you'll celebrate progress as your family members take steps towards achieving their goals.

**Get support for your family's mental health through the new year & beyond with Brightline:**



**Fast access to personalized support** — schedule video visits within days



**Evidence-based care from experts** with years of experience working with kids



**Track your family's progress** on our one-stop digital platform

**Set up your free account to learn more at [hellobrightline.com/miia](https://hellobrightline.com/miia)**