

5 WAYS TO BREAK A

NEW YEAR'S

Resolution

The Statistics:

Over 40% of Americans make a resolution

25% fail after the first week

60% fail after the first month

Less than 10% keep it through the year

**“The steadfast love of the LORD
never ceases; his mercies
never come to an end;
they are new every morning;
great is your faithfulness.”**

Lamentations 3:22-23

5 Ways to Break a New Year's Resolution:

1. Set unrealistic expectations of yourself.

Micah 6:8

5 Ways to Break a New Year's Resolution:

2. Change in order to be like someone else.

1 Corinthians 12:4-6

5 Ways to Break a New Year's Resolution:

3. Use will power alone to achieve your goals.

Zechariah 4:6

Romans 7:21-25

5 Ways to Break a New Year's Resolution:

4. Don't have a plan.

Habakkuk 2:2

Set SMART goals:


specific, measurable, achievable, relevant, timed

5 Ways to Break a New Year's Resolution:

5. Give up.

Isaiah 40:31

Galatians 6:9

A dark, textured diamond shape with radiating lines, set against a teal background with white confetti.

**What is your 2019
going to be like?**