

# New Year's Promise Idea Generator

A **Promise idea generator** is an easy way to look at different areas in life that have potential for making a Promise. This contemplation exercise will help spark ideas prior to the process of communicating or committing to a Promise. Each box is an opportunity to list ideas in that category that might spark an idea for a Promise. There are some traditional resolutions listed and some non-humanitarian goals. Read through the categories. Take some time to contemplate and start listing!

<p style="text-align: center;"><b>Traditional New Year's Resolutions</b></p> <ul style="list-style-type: none"> <li>◆ Stop smoking</li> <li>◆ Lose weight</li> <li>◆ Spend more time with family and friends</li> <li>◆ Learn something new</li> <li>◆ Read more</li> <li>◆ Stop/reduce drinking alcohol</li> <li>◆ Eat healthier</li> <li>◆ Manage stress better</li> <li>◆ Improve relationship</li> <li>◆ Improve procrastination</li> </ul> <p style="font-size: small;">Combined list from Harris Interactive Poll (2013) &amp; Nielsen research (2015)</p>	<p style="text-align: center;"><b>Things you have started but not finished</b></p>	<p style="text-align: center;"><b>"Bucket List"</b></p>	<p style="text-align: center;"><b>Helping others</b></p>
		<p style="text-align: center;"><b>Accomplishments by others that interest you</b></p>	<p style="text-align: center;"><b>Improving yourself</b></p>

<p><b>Non-humanitarian</b></p>	<ul style="list-style-type: none"> <li>◆ Make more money</li> <li>◆ Get a new job</li> <li>◆ Travel more</li> <li>◆ Convince your girlfriend to let you have one more dog.</li> </ul>
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