

New Year's Resolutions for Tweens and Teens

Prepared by KCCNJ.com

Resolutions for Tweens and Teens (Ages 13-18)

Academic and Career

- 51. I will improve my study habits and time management skills.
- 52. I will set specific grade goals for each subject.
- 53. I will explore potential career paths and interests.
- 54. I will participate in extracurricular activities related to my interests.
- 55. I will start preparing for standardized tests (if applicable).

Health and Wellness

- 56. I will maintain a balanced diet and exercise regularly.
- 57. I will prioritize getting enough sleep each night.
- 58. I will learn stress management techniques.
- 59. I will practice good hygiene habits.
- 60. I will avoid harmful substances like tobacco, alcohol, and drugs.

Personal Development

- 61. I will set long-term goals and create plans to achieve them.
- 62. I will develop better time management skills.
- 63. I will learn a new language or skill.
- 64. I will read books outside of school requirements.
- 65. I will work on building self-confidence and self-esteem.

Social Responsibility

- 66. I will volunteer in my community.
- 67. I will be more environmentally conscious.
- 68. I will stay informed about current events.
- 69. I will be respectful of diversity and practice inclusion.
- 70. I will be a positive influence on social media.

Financial Literacy

- 71.I will learn basic budgeting skills.
- 72.I will save a portion of my allowance or earnings.
- 73.I will research and understand different savings and investment options.
- 74.I will learn about responsible credit use.
- 75.I will look for ways to earn money through part-time jobs or entrepreneurship.

Technology and Digital Citizenship

- 76.I will practice good digital citizenship.
- 77.I will be mindful of my digital footprint.
- 78.I will balance screen time with other activities.
- 79.I will use technology to enhance learning and productivity.
- 80.I will protect my privacy and security online.

Emotional Intelligence

- 81.I will practice empathy and understanding towards others.
- 82.I will work on effective communication skills.
- 83.I will learn to manage and express emotions healthily.
- 84.I will practice gratitude daily.
- 85.I will seek help when facing challenges I can't handle alone.

Life Skills

- 86.I will learn basic cooking and meal planning.
- 87.I will develop better organizational skills.
- 88.I will learn basic car maintenance (for older teens).
- 89.I will practice public speaking and presentation skills.
- 90.I will learn basic first aid and emergency preparedness.

Family and Relationships

- 91.I will spend quality time with family members.
- 92.I will communicate openly and honestly with my parents.
- 93.I will help with household responsibilities without being asked.
- 94.I will show appreciation for family members' efforts.

95.I will work on resolving conflicts peacefully.

Personal Health and Safety

96.I will wear a seatbelt every time I'm in a car.

97.I will wear a helmet when biking or skateboarding.

98.I will learn about and practice safe dating habits.

99.I will prioritize my mental health and seek help if needed.

100. I will make informed decisions about my physical and emotional well-being.