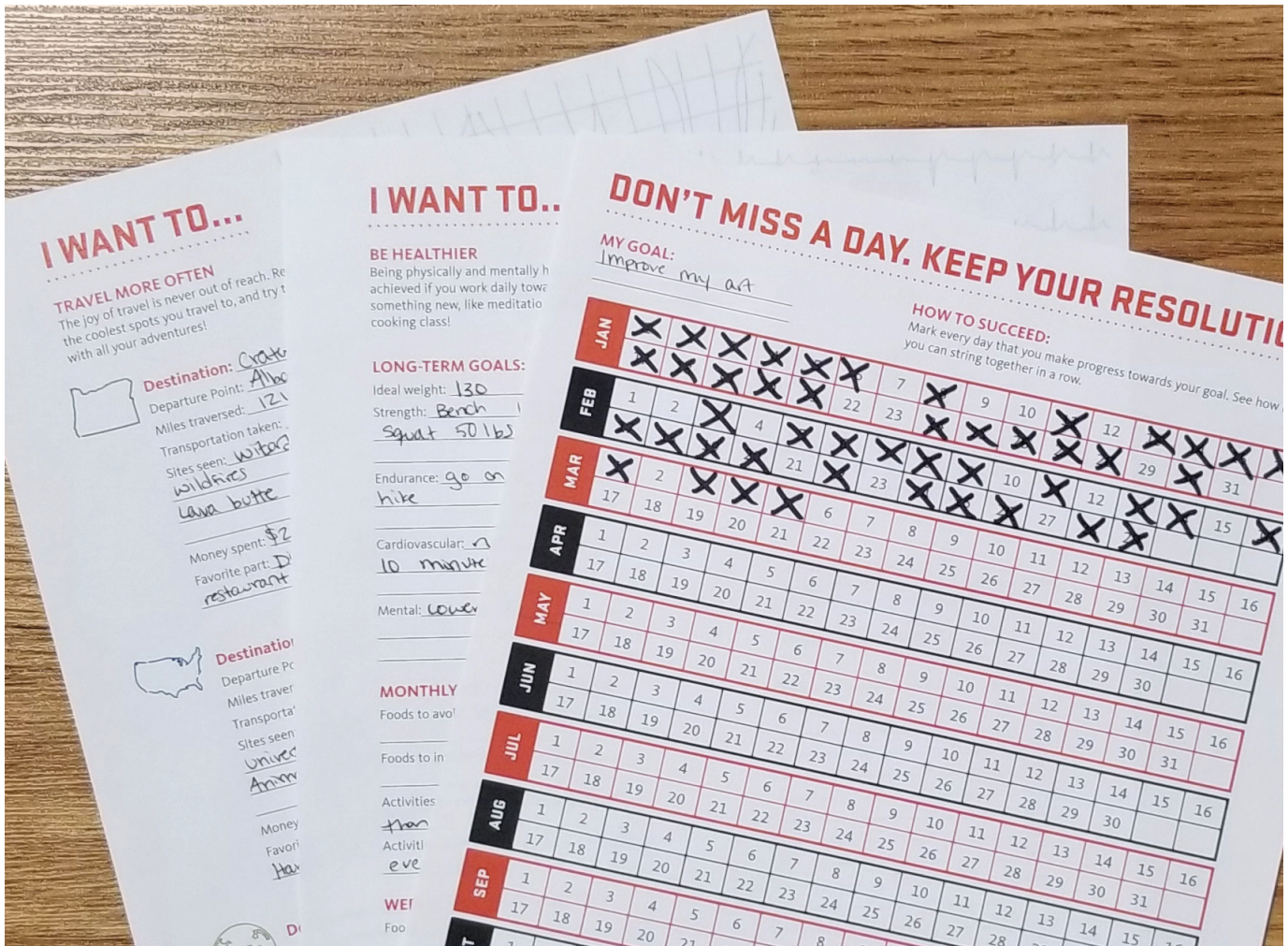


MY 2019 GOALS

Ready to tackle those New Year's resolutions? This handy printable will help you break those bad habits and build better ones.



Keep us up to date on your progress! Simply post to our Facebook page (facebook.com/oregonstatealum), tag us in your Instagram post (@oregonstatealumni) or mention us in your tweet (@oregonstatealum).

I WANT TO...

TRAVEL MORE OFTEN

The joy of travel is never out of reach. Record some of the coolest spots you travel to, and try to fill the page with all your adventures!



Destination: _____
Departure Point: _____
Miles traversed: _____
Transportation taken: _____
Sites seen: _____

Money spent: _____
Favorite part: _____



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Transportation taken: _____
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Money spent: _____
Favorite part: _____

Learn more about fun travel opportunities through the OSU Alumni Association at osualum.com/travel.

DON'T MISS A DAY. KEEP YOUR RESOLUTION!

MY GOAL:

HOW TO SUCCEED:

Mark every day that you make progress towards your goal. See how many you can string together in a row.

JAN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

FEB	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29			

MAR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

APR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30		

MAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

JUN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30		

JUL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

AUG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

SEP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30		

OCT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

NOV	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30		

DEC	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

