

## KEEPING UP WITH THOSE NEW YEAR'S RESOLUTIONS **KAIZEN**

*Kaizen* (Japanese for "improvement" or "change for the better") refers to a philosophy or practices that focus upon continuous improvement of processes in ...

- WHAT WERE YOUR RESOLUTIONS? TELL ME!!
- WHY DO YOU MAKE RESOLUTIONS ANYWAYS?
- HOW MUCH MONEY DID YOU SPEND ON EQUIPMENT AND DIET REMEDIES?
- TIME WITH FAMILY
- EXERCISE
- SLEEP LESS
- READ MORE
- LESS TV
- LOSE WEIGHT
- GET HEALTHY
- CLEAN THE ATTIC/GARAGE/BASEMENT
- CLEAN YOUR CLOSET
- GO ON VACATION
- SPEND TIME IN BIBLE/PRAYING/ATTEND CHURCH
- SPEND TIME WITH FRIENDS
- SERVICE YOUR CAR/LAWNMOWER/SNOW BLOWER
- LEAVE THE HOUSE TIDY
- CLEAN THE SINK
- SAY HAPPY HEALTHY COMMENTS TO ALL
- LOVE EVERYONE

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