Welcome Back Aggies!
You made it through your first semester at TAMUG and have what it takes to succeed with us in Spring. Messages worth bringing into 2020:

- Friendships ebb and flow
- Don’t believe everything you see online
- It’s okay to be you
- It’s important to make time for your hobbies
- Trust your intuition

What do your RESOLUTIONS look like?

**STATER GOALS**

1. **Goals are too big and not realistic.**... Pick 5 attainable goals over 20 impractical ones.
2. **Not using a system (planner/calendar).**... You need a way to plan & track your goals.
3. **Not writing down your goals.**... Keep your goals with you at all times.
4. **Not setting deadlines or reviewing your progress.**... You need a clear deadline & accountability to stop procrastinating.
5. **Having the wrong mindset.**... Believe in yourself and your goals. That’s the most important step!

**Hurdles**

1. **Protect your time and energy.**... Do not pour yourself out without filling your own cup first.
2. **Stay ahead of the game.**... Plan out your days, weeks, & months ahead of time.
3. **Write down your top 3 intentions.**... Say them out loud each morning as you start your day.
4. **Take time to rest every day.**... Completely disconnect from your phone and screens (if you can).
5. **Hydrate.**... To keep your brain in top shape.