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## HOPE Newsletter - Issue 20

### Top 10 New Year's Resolutions for Teens

#### *How to Be a Better You This Year*

By Holly Ashworth  
Teen Advice Expert

Here's a list of the most common New Year's resolutions - and, more importantly, some ideas for getting started on them (and actually keeping them past January 1st).

#### **1. Get Healthy**

Getting healthy doesn't just mean losing weight. It can also mean playing more sports, making healthier eating choices or just resolving to get off the couch a little more often. Make one small change at a time - like riding your bike to school instead of taking the bus, or ordering a salad instead of a burger - and you'll have an easier time keeping this resolution.

#### **2. Get Happier**

This is a little more of an abstract resolution that can mean different things to different people. See if you can find ways to boost your self-esteem, or just spend more time doing things that you love instead of things that make you feel bad about yourself. The links below can help you find a way to get started.

- [The Teen Guide to Feeling Good About Yourself](#)
- [How to Build Your Self-Esteem](#)
- [Tips to Help You Beat Stress](#)
- [12 Tips for Calming Down and Getting a Grip](#)
- [How to Start Doing Yoga](#)

#### **3. Be a Better Person**

Being a good person - by donating your time or old stuff to those in need, or just by throwing some random acts of kindness into your daily routine - feels so good that it can be addictive. Get the do-gooder party started on one of these pages:

- [Great Ideas for Volunteering](#)

- [Volunteer Opportunities for Teens](#)
- [Ideas for Random Acts of Kindness](#)
- [How to Donate Your Hair to Locks of Love](#)
- [Find a Charity Walk in Your Town](#)
- [Donate Your Old Clothes to the Salvation Army](#)

#### **4. Find Love**

You can be perfectly happy by being single, but be honest: wouldn't it feel great to find a great boyfriend or girlfriend? There's no magic spell that'll bring love into your life, but if you follow these tips, you'll come a lot closer (and learn a whole lot in the process):

- [How to Find Someone to Date](#)
- [10 Tips on How to Flirt](#)
- [How to Ask Someone Out](#)
- [How to Know if Someone Likes You](#)

#### **5. Show More Love to Your Family**

Like it or not, your family is made up of the most important people in your life. This year, take a couple of deep breaths and resolve to be a little nicer to them.

- [How to Get Along With Your Parents](#)
- [How to Get Along With Your Siblings](#)
- [How to Stop Fighting With Your Parents](#)

If you're over 50 and you eat this carb you will never lose belly fat.

#### **6. Be a Better Friend**

The more love you give to your friends, the more love they'll give back to you. So, basically, if you stick to this New Year's resolution you've got nothing to lose. Find a couple of ways to help a friend out this month. Not only will you be making someone feel good, you'll also be building up some karma for when *you* need help.

#### **7. Get Better in School**

You don't need to suddenly turn yourself into a straight-A student - but if you bump up your school performance by just a little bit this year, you'll feel better about yourself, you'll make your parents proud, and you'll be setting yourself up for a brighter future. So it's a good idea all around.

- [How to Do Better in School This Year](#)
- [How to Boost Your Memory Power](#)
- [10 Tips for Relieving School Stress](#)
- [Homework & Study Tips By Subject](#)

- [Test-Taking Tips](#)

## 8. Learn Something New

There's nothing more thrilling than the feeling of finally "getting something"...and your school curriculum often leaves something to be desired. How about putting some of that holiday money towards learning a new hobby? It'll be way more fun than algebra, and you might just learn a skill that you'll love for the rest of your life.

- [Learn How to Play Guitar](#)
- [Learn How to Knit](#)
- [Learn How to Skateboard](#)
- [Learn How to Paint](#)
- [Learn How to Bake a Cake](#)
- [Learn How to Breakdance](#)

## 9. Be a Role Model

Being a good role model is easier than it sounds. All you have to do is make smart decisions - and then make sure that other people are listening in on it. You can handle that, right?

- [How to Beat Peer Pressure](#)
- [How to Say No to Drinking and Still Look Cool](#)
- [How to Quit Smoking](#)
- [Quiz: Does Peer Pressure Control You?](#)

## 10. Make Some Money

Hey, you can always find time to work on your karma, but in the meantime, there's nothing wrong with wanting to pad your wallet a little bit. Step one is getting a job, or just finding a better one. Here's how to get started:

- [The 10 Best Part-Time Jobs for Teens](#)
- [How to Apply for Your First Job](#)
- [How to Write a Resume \(When You Have No Work Experience\)](#)
- [Some Places to Find Entry-Level](#)

### TOWNSHIP OF NUTLEY

1 Kennedy Drive - Nutley, New Jersey 07110 - (973) 284-4951

Website: [www.nutleynj.org](http://www.nutleynj.org) - Facebook: [www.facebook.com/nutleynjgovernment](https://www.facebook.com/nutleynjgovernment)