



# TEN SMALL NEW YEAR'S RESOLUTIONS TO START 2026 STRONG.

## 1. SET ASIDE MORE UNPLUGGED TIME.

Stepping back from screens, even for a few minutes, can reduce distractions and boost focus.

## 2. START EACH DAY WITH A GLASS OF WATER.

A small, simple habit can help support steady energy and hydration throughout the day.

## 3. ORGANIZE A DRAWER OR CLOSET.

Tackling one small space can make other things feel just a little more manageable.

## 4. VOLUNTEER A FEW HOURS OF YOUR TIME.

Contributing time to a cause or local organization can help support your community.

## 5. GO FOR A WALK.

A quick step outside adds light daily activity and can help maintain energy in the afternoon.

## 6. READ OR LISTEN TO A BOOK.

A good story or new insight can offer a break from the everyday routine.

## 7. JOIN A LOCAL COMMUNITY GROUP OR ORGANIZATION.

Trivia nights, sports clubs, or hobby groups can be a great way to connect with others and try something new.

## 8. STRETCH FOR FIVE MINUTES BEFORE BED.

A short wind-down from the day can help maintain flexibility and support better rest.

## 9. DECLUTTER YOUR INBOX OR FILES.

A few minutes of organizing can make tomorrow's tasks feel more approachable.

## 10. START NOW.

Good habits don't need a big moment or milestone — small steps today count just as much.

*Fireworks over Castillo de San Marcos in St. Augustine, Florida*

Steps to safer driving, starting today... ➡

# DRIVING HABITS TO KEEP YOU SAFER BEHIND THE WHEEL.



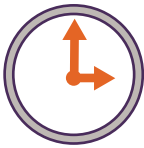
Slow your roll  
to the speed limit.



Show compassion  
to others.



Set phone on  
"Do not Disturb."



Leave earlier to  
avoid being late.



Watch out for  
other road users.



Keep a  
safe distance.

## BE THE CHANGE.

9 people die on Florida's roads **EVERY DAY** due to common mistakes behind the wheel. **YOU** can make a difference!

## LET'S GET EVERYONE HOME SAFELY.



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