✂️ TEAR OFF AND SEE IF YOU CAN ACTUALLY DO IT ✂️

New Year's Resolutions – Teen Reality Check

Try to use my phone less at night

Spend less time scrolling and more time existing

Stop saying "I'll do it later" every time

Pay attention in class

Go to sleep earlier on school nights

Wake up on the first alarm

Stop stressing about everything

Not panic the night before a test

Raise my grade in Maths

Actually study for tests instead of hoping

Stop comparing myself to others

Stop overthinking

Care less about what other people think

Stop procrastinating

Stop complaining

Appreciate what I have instead of focusing on what I don't

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