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Common Resolutions

As the new year approaches, many people take time to consider changes they would like to make in 2026. New Year's resolutions often focus on practical goals tied to daily routines, finances and personal development.

Common health-related resolutions include exercising several times a week, preparing more meals at home, scheduling regular medical checkups or establishing a consistent sleep schedule. Others choose specific targets, such as walking a set number of steps each day or reducing sugary drinks.

Financial resolutions remain a frequent choice. Examples include creating a monthly bud-

get, setting aside money from each paycheck into savings, paying down credit card balances or reviewing insurance and utility costs to reduce expenses.

Work and education goals may include enrolling in a class, completing a professional certification, updating a résumé or learning new technology related to one's job. Some people also set goals around time management, such as limiting overtime or organizing workspaces.

Personal and family-oriented resolutions can include spending more time with relatives, planning regular family meals, limiting screen time at home or setting aside time each week for hobbies.

Community and civic goals are another option for 2026. These may include volunteering a certain number of hours, attending local meetings, supporting local organizations or participating in community clean-up efforts.

Rather than broad promises, many advisers recommend setting clear, measurable goals and reviewing progress throughout the year. Breaking larger goals into smaller steps can make them easier to maintain.

New Year's resolutions for 2026 vary widely, but they often center on manageable changes intended to improve routines, finances and community involvement over the coming year.



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2026



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Chad Yarnall - Agent
(417) 847-3399
cyarnall@mofb.com

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HAPPY New Year

As we welcome a new year, we are grateful for the people, partnerships and pride that make Cassville such a special place to call home. May the year ahead bring health, opportunity and continued growth for our community.

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Wishing Everyone a Happy New Year!

We value and appreciate each and every one of you!

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2026

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2026

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NEW YEAR, NEW POSSIBILITIES

Let's start the new year off with a bang! Give me a call to talk about how my agency can help support your dream pursuits in the year ahead.



Burl Mitchell, Agent
Cassville, MO 65625
(417) 847-3128
bmitch2@amfarm.com
Monday - Friday 8:30 - 5:00



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