

'Times of My Life' Virtual Biographer Helps People Set Realistic New Year's Goals and Resolutions

Kick off 2025 with a thoughtful exercise that brings your past, present, and future into focus.

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[/EINPresswire.com/](https://EINPresswire.com/) -- [Times of My Life](#),

the revolutionary Virtual Biographer app, is thrilled to announce the release

of its latest interactive feature: "New Year's Goals and Resolutions". Designed to help users reflect on the past year and set meaningful goals for the year ahead, this free exercise is the perfect way to start 2025 with clarity and direction.

“

We are thrilled to invite people to start their journey of reflection, resolution, and achievement with the Times of My Life app. This exercise is super fulfilling and completely free of charge.”

Michael O'Donnell, Curator of Life Stories

The app helps users to reflect, realign, and resolve to have their best year yet, by guiding them through a thoughtful and engaging journey. The app begins by interviewing users about their personal and professional experiences over the past year, helping them assess their current stage in life. From there, it assists in setting realistic and value-driven resolutions (what users want to change) and goals (what users want to achieve), ensuring alignment with their aspirations and priorities.

The feature doesn't stop at goal-setting. Times of My Life

helps users:

- * Devise actionable plans tailored to their objectives.
- * Understand the difference between resolutions and goals.
- * Stay motivated with personalized tips and reminders.

Whether users are looking to focus on personal growth, advance their careers, or foster better habits, this feature provides the tools and inspiration to craft a realistic and effective plan for the



Times of My Life Virtual Biographer

coming year.

The best part is this exercise is completely free of charge - a gift from the app's creators. Times of My Life is committed to empowering individuals to tell their stories and shape their futures. That's why the "New Year's Goals and Resolutions" feature is offered free of charge, ensuring accessibility for everyone who wants to start the year on the right foot.

Times of My Life invites people to join the movement for meaningful change, by empowering them to kick off 2025 with a thoughtful exercise that brings their past, present, and future into focus. The app can be accessed free of charge on the web at <https://stories.timesofmy.life>.

For more information, visit <https://timesofmy.life>.

About Times of My Life

Times of My Life is an innovative Virtual Biographer app that empowers users to capture and reflect on their life stories through guided storytelling exercises. It creates narratives around both personal and professional endeavors. By connecting the past with the present and inspiring action for the future, the app enables individuals to document, understand, and live their best stories. Times of My Life is sponsored by the [Leaves Legacy Project](#).

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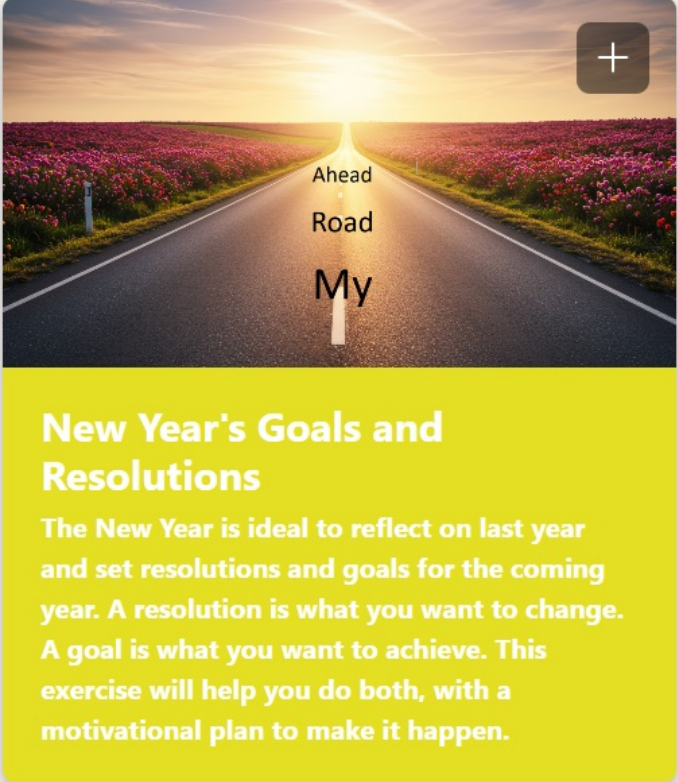
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New Year's Goals and Resolutions

The New Year is ideal to reflect on last year and set resolutions and goals for the coming year. A resolution is what you want to change. A goal is what you want to achieve. This exercise will help you do both, with a motivational plan to make it happen.

Your Road Ahead

This press release can be viewed online at: <https://www.einpresswire.com/article/774556760>

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