



New Year's Resolution Worksheet

A quick, step-by-step guide to putting together realistic, achievable, and meaningful resolutions for the coming year. Divided into three sections: Inventory, Resolutions, and Steps.

INVENTORY

Goals I hope to achieve in the coming year (work, relationships, health and wellness...)

- 1.
- 2.
- 3.
- 4.
- 5.

Behaviors that have caused problems for me in the past (e.g., excessive drinking, yelling/fighting, procrastination)

- 1.
- 2.
- 3.
- 4.
- 5.

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Attitudes that have caused problems for me in the past (e.g., jealousy, impatience, unrealistic expectations)

- 1.
- 2.
- 3.
- 4.
- 5.

RESOLUTIONS

From the list above, choose the most important, must-do/can-do items that you feel have been holding you back from evolving into your best self. Try to limit yourself to just five- or even 3 super specific ones. Keep them realistic- and emotionally charged. You should feel an urge to take action when you state it aloud. Start with something you know you can do. Remember that pledging to work on something may be more doable than resolving to get it done (that is, try “Look for a job that inspires me daily” rather than “Find a better job”).

Resolution #1:

Resolution #2:

Resolution #3:

Resolution #4:

Resolution #5:

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STEPS

You've got your resolutions- fabulous work! Next, think about how to actually get these things accomplished. What are the actionable steps? For example, if you want to "Feel more confident and energized by releasing 25 pounds", steps might include "Clear out holiday junk food," "Meet with my nutritionist", "Follow my new meal plan." Again, keep it grounded in reality. Think up steps that you know you can actually get done. In completing these steps, you will feel the motivation you need to keep taking positive action to achieve your goals.

Resolution #1:

Step 1:

Step 2:

Step 3:

Resolution #2:

Step 1:

Step 2:

Step 3:

Resolution #3:

Step 1:

Step 2:

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Step 3:

Resolution #4:

Step 1:

Step 2:

Step 3:

Resolution #5:

Step 1:

Step 2:

Step 3:

Remember, as you read through these 3 or 5 resolutions: Do they feel important and exciting to you? Do they feel conquerable? If it feels a bit overwhelming or daunting, who can you enlist to make it seem more simple? If you feel like this is your year for a serious shift or life altering change to occur, seriously consider enlisting a Wellness Coach. Having another person who is cheering you on and keeping you accountable may be just the energy you need to turn these resolutions into lasting life habits.

Finally, maybe complete this with a friend or partner. Reading the resolutions and steps out loud can be a big help in follow through! I am available if you get stuck or need some help getting going!

Congratulations for making self care and self love a priority in 2018!

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