

New Year's Resolution Worksheet

Because positive life change doesn't just happen!

CRITERIA FOR SUCCESSFUL NEW YEAR'S RESOLUTIONS

1. Choose only five goals to work on for the year, and don't pick five goals from the **same category**. (You might want to get involved in a church, pray more regularly, and join a Bible study class — but, if necessary, find a way to incorporate those desires into one resolution statement rather than three separate resolutions.)
2. They must be **achievable by 11:59 p.m. on December 31**.
3. They must be positively worded. Rather than *I'd like to . . .*, use *I will . . .*. Such positive statements inspire and motivate.
4. They must be **measurable** and **specific**. If a dead man can achieve it, then it's a bad goal.
Ex: *I want to not nag my spouse.* Better: *I will clearly share my request with my spouse one time.*

Ex: *I want to save more money.* Better: *I will direct-deposit \$250 from each paycheck into an interest-bearing account, with a goal of having \$6,000 in that account by 12/31/2011.*
5. They must be **realistic or do-able**. Every resolution should be so clear that a 5th grader could understand what you're trying to accomplish.

Ex: *I will stop eating sugar.* Better: *I will closely monitor the amount of sugar I ingest with a goal of limiting my sugar intake to x grams per day.)*
6. They should **positively impact your life, if only indirectly**.
7. A **process of steps or events** should be required in order to achieve them. For every resolution, you will need to make a detailed list of the steps required to reach your goal.
8. Set yourself up for success! This is extremely important. If you want to lose weight, then you'll want to move the hanging clothes off the treadmill and get rid of the cookies and chips that seem to call your name every time you pass through the kitchen.
9. Once per week, **make an appointment with yourself** to review your progress toward your five goals. You might even schedule yourself a weekly reminder to review your progress.
10. Surround yourself with motivation and reminders **whenever and wherever possible**. Reminders near your alarm clock, on your bathroom mirror, and in your car can be helpful.

New Year's Resolution Worksheet

Because positive life change doesn't just happen!

HONEST EVALUATION OF THE PAST YEAR

Take some time for reflection and introspection, and honestly evaluate the past year.

Positive changes made in the past year (e.g., lost 30 pounds, read 10 books, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____

Behaviors that caused problems for me in the past year (e.g., smoking, over-eating, not getting enough sleep)

1. _____
2. _____
3. _____
4. _____
5. _____

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

1. _____
2. _____
3. _____
4. _____
5. _____

New Year's Resolution Worksheet

Because positive life change doesn't just happen!

BRAINSTORM ANY GOALS YOU'D LIKE TO ACHIEVE IN THE COMING YEAR

Name as many things as you can think of. Use the back of this page, if needed. Consider these categories to help generate ideas:

- Places to Visit
- Physical Changes
- Skills to Learn
- Personal Finance
- Things to Create
- Relationships
- Spiritual Life
- Business/Education

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

From your list of goals, choose the most important, must-do/can-do items. Try to limit yourself to five. Keep them realistic. Start with something you *know* you can do.

New Year's Resolution Worksheet

Because positive life change doesn't just happen!

THINKING THROUGH THE STEPS TO GET YOU TO YOUR GOAL

For every resolution you make, you will need a strategy or plan in order to make progress. As the old adage goes, "When you fail to plan, you plan to fail." And surveys have shown that most people who make resolutions fail within the first two weeks. In fact, only 30% of women and 37% of men report sticking to their resolutions, so you can see why formulating a workable plan is extremely important.

Here's an example of a workable and realistic plan:

RESOLUTION: I will read through the entire Bible by 12/31/2011.

ACTION STEPS:

1. Do some research to identify the translation of the Bible that I would most like to use in my reading.
2. Secure a copy of the Bible in that translation (allow for delivery time, if ordering).
3. Research the many available plans for reading through the Bible in a year, and make an educated decision that seems to best meet my needs.
4. Identify a regular time and place for my daily reading.
5. Talk with a friend about reading through the Bible with me, so that we can encourage and support one another.
6. Re-arrange any regular tasks that might encroach on my planned reading time.
7. Minimize distractions by turning off the TV and silencing my phones and email notifications during my reading time.
8. Set aside an alternate time at the end of the week to catch up on any passages I was unable to complete during the regular reading time.
9. Prepare a checklist to check-off the specific chapters as I read them.
10. Schedule a regular time to call or meet with a friend for purposes of encouragement and accountability.

New Year's Resolution Worksheet

Because positive life change doesn't just happen!

My New Year's Resolutions for 2011

Remember to make your resolutions very specific so that progress can be measured.

Poor: Lose weight; Fair: Lose 35 pounds; Better: Lose 35 pounds by 10/1; Best: Fit into my size 32 jeans (because that incorporates the WHY into the actual resolution)

My first goal is . . .

1. _____

My deadline for reaching this goal is: _____

Answer each of the following questions about this goal:

- What do I need to do in order to reach my goal? (Worksheet provided on page 10)
- What sacrifices am I willing to make?
- On a scale of 1-10, how strong is my desire to achieve my goal? _____
- What are the benefits of reaching my goal?
- How will I encourage myself when I want to give up?
- What will I say to people who tell me I can't reach my goal?
- How can friends and family members help me achieve my goal?
- Is there a local support group or online community that can help me achieve my goal?

New Year's Resolution Worksheet

Because positive life change doesn't just happen!

My New Year's Resolutions for 2011

Remember to make your resolutions very specific so that progress can be measured.

Poor: Lose weight; Fair: Lose 35 pounds; Better: Lose 35 pounds by 10/1; Best: Fit into my size 32 jeans (because that incorporates the WHY into the actual resolution)

My second goal is . . .

2. _____

My deadline for reaching this goal is: _____

Answer each of the following questions about this goal:

- What do I need to do in order to reach my goal? (Worksheet provided on page 10)
- What sacrifices am I willing to make?
- On a scale of 1-10, how strong is my desire to achieve my goal? _____
- What are the benefits of reaching my goal?
- How will I encourage myself when I want to give up?
- What will I say to people who tell me I can't reach my goal?
- How can friends and family members help me achieve my goal?
- Is there a local support group or online community that can help me achieve my goal?

New Year's Resolution Worksheet

Because positive life change doesn't just happen!

My New Year's Resolutions for 2011

Remember to make your resolutions very specific so that progress can be measured.

Poor: Lose weight; Fair: Lose 35 pounds; Better: Lose 35 pounds by 10/1; Best: Fit into my size 32 jeans (because that incorporates the WHY into the actual resolution)

My third goal is . . .

3. _____

My deadline for reaching this goal is: _____

Answer each of the following questions about this goal:

- What do I need to do in order to reach my goal? (Worksheet provided on page 10)
- What sacrifices am I willing to make?
- On a scale of 1-10, how strong is my desire to achieve my goal? _____
- What are the benefits of reaching my goal?
- How will I encourage myself when I want to give up?
- What will I say to people who tell me I can't reach my goal?
- How can friends and family members help me achieve my goal?
- Is there a local support group or online community that can help me achieve my goal?

New Year's Resolution Worksheet

Because positive life change doesn't just happen!

My New Year's Resolutions for 2011

Remember to make your resolutions very specific so that progress can be measured.

Poor: Lose weight; Fair: Lose 35 pounds; Better: Lose 35 pounds by 10/1; Best: Fit into my size 32 jeans (because that incorporates the WHY into the actual resolution)

My fourth goal is . . .

4. _____

My deadline for reaching this goal is: _____

Answer each of the following questions about this goal:

- What do I need to do in order to reach my goal? (Worksheet provided on page 10)
- What sacrifices am I willing to make?
- On a scale of 1-10, how strong is my desire to achieve my goal? _____
- What are the benefits of reaching my goal?
- How will I encourage myself when I want to give up?
- What will I say to people who tell me I can't reach my goal?
- How can friends and family members help me achieve my goal?
- Is there a local support group or online community that can help me achieve my goal?

New Year's Resolution Worksheet

Because positive life change doesn't just happen!

My New Year's Resolutions for 2011

Remember to make your resolutions very specific so that progress can be measured.

Poor: Lose weight; Fair: Lose 35 pounds; Better: Lose 35 pounds by 10/1; Best: Fit into my size 32 jeans (because that incorporates the WHY into the actual resolution)

My fifth goal is . . .

5. _____

My deadline for reaching this goal is: _____

Answer each of the following questions about this goal:

- What do I need to do in order to reach my goal? (Worksheet provided on page 10)
- What sacrifices am I willing to make?
- On a scale of 1-10, how strong is my desire to achieve my goal? _____
- What are the benefits of reaching my goal?
- How will I encourage myself when I want to give up?
- What will I say to people who tell me I can't reach my goal?
- How can friends and family members help me achieve my goal?
- Is there a local support group or online community that can help me achieve my goal?

New Year's Resolution Worksheet

Because positive life change doesn't just happen!

My New Year's Resolutions for 2011

Use this sheet to track your monthly progress on each resolution. A one-sentence statement should suffice. For goals attained prior to year-end, report on maintenance of progress.

RESOLUTION:

PROGRESS EACH MONTH:

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:
