New Year’s Resolution Worksheet

Readdle
The year is over, and so is the time to attain your goals for this year. Now, it’s time to sit back and reflect on what you have accomplished in 2017.

One thing I did this year I’m most proud of:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Two things I’m grateful for:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Three favorite memories:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Writing New Year’s resolutions you’ll actually keep

Nearly half of people write New Year’s resolutions and promise to accomplish ambitious goals, try something new or break bad habits.

Sadly, only 10% actually keep them. The good news is that it’s not because of the lack of motivation, resources or discipline. It’s all about planning. Your resolutions should be realistic and time-bound.

We’ve put together our experiences in writing resolutions and will walk you through the main points to help you achieve your goals and make the new year exciting and inspiring.

Let's get started!
My biggest goal for 2018:

(Visualize and describe the new better you 12 months from now. The more detailed the better)
## Hobbies and leisure

### Vision

Describe yourself in a year from now with your goals achieved.

*Example: I will be able to play guitar when hanging out with friends.*

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### Goals

Break down your vision into goals. They should be SMART: specific, measurable, achievable, realistic and time-bound.

*Example: Learn at least 20 basic chords and popular strumming patterns by August.*

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### First steps

Write down a few steps to help you get started.

*Example: Take a GuitarJamz guitar course.*

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Personal development and skills

Vision

Goals

Example: I'll pass B2 Spanish exam with the A score by August.

First steps
Work and business

Vision

Goals

Example: I’ll start a new retail business and reach a break-even point by the end of the year.

First steps
Health and sport

Vision

Goals

Example: I’ll be able to run 5 miles for 30 minutes in 2 months.

First steps
Vision

Goals
Example: I'll invest at least 5K into my crypto portfolio with 200% return by the end of the year.

First steps
Vision

Goals

*Example: I'll visit Denmark, Sweden and Norway on a 2 weeks vacation by August.*

First steps
Intentions for 2018
to make it the best year of my life.

I will stop: ____________________________
I will start: ____________________________
I will attend: ____________________________
I will learn: ____________________________
I will do: ____________________________
I will see: ____________________________
I will give: ____________________________
I will receive: ____________________________
I will invest: ____________________________
I will try: ____________________________
I will accomplish: ____________________________
I will risk: ____________________________
I will start doing: ____________________________
I will execute: ____________________________
I will buy: ____________________________
I will gift: ____________________________
I will achieve: ____________________________
12 Months to a Better You

Choose one big thing and fully focus on it for the whole month. In a year, you’ll be surprised how much you’ve achieved.

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