

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...)

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

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

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

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. Try to limit yourself to just five. Keep them realistic. 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 better job” rather than “Find a better job”).

Resolution #1

Resolution #2

Resolution #3

Resolution #4

Resolution #5

STEPS

Great, you've got resolutions. Next, think about how to actually get these things accomplished. What are the steps? For example, if you want to start exercising more, steps might include "Get running shoes out of the closet," "Set alarm earlier to make time for exercise," "Run a little every day." Again, keep it grounded in reality: try thinking up steps that you know you can actually get done.

Resolution #1: _____

Step 1

Step 2

Step 3

Resolution #2: _____

Step 1

Step 2

Step 3

Resolution #3: _____

Step 1

Step 2

Step 3

Resolution #4: _____

Step 1

Step 2

Step 3

Resolution #5: _____

Step 1

Step 2

Step 3

Finally, think of someone you'd be comfortable reading this worksheet to. Reading the resolutions and steps out loud can be a big help. Can't think of anyone? Try reading them out loud to yourself. Can't hurt.

Congratulations. Good luck with the resolutions. Have a great year.