

NEW YEARS RESOLUTION WORKSHEET

What Is My Resolution?

Why Am I Doing This?

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What Are My Weekly Micro-Goals?

What Are My Monthly Mini-Goals?

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New Years Resolution Self-Reflection Questions:

- ▶ What are my financial milestones?
- ▶ What new knowledge or skills will I develop?
- ▶ What are my career aspirations?
- ▶ What material possessions do I desire?
- ▶ What risks will I take to expand my comfort zone?
- ▶ Am I pursuing additional education certifications?
- ▶ How will I become physically & emotionally healthier?
- ▶ What places would I like to visit?