

new year's Resolutions Workbook

year>

name>

Choose Your Top 3 Goals for this Year

- 1.
- 2.
- 3.

Goals should be SMART – Specific, Measurable, Achievable, Realistic, and Time bound.

How will you challenge yourself this year?

- 1.
- 2.
- 3.

Think outside the box and push your boundaries.

What habits will you develop to help your body and mind this Year?

- 1.
- 2.
- 3.

Feeding the body and mind will help you keep your goals on track.

What new skills or subjects excite you?

- 1.
- 2.
- 3.

Pick some subjects you would like to explore and work out how to make it happen

How can you make a positive difference?

- 1.
- 2.
- 3.

Don't forget to think about others – it feels much better to achieve something if you also give back.

When I reach a goal, I reward myself with:

- 1.
- 2.
- 3.

Be kind to yourself – you made this happen, yay!!

What are you proud of so far?

- 1.
- 2.
- 3.

Take time to look at how far you have come – you deserve to be proud of yourself.

Save this file and when the year is over, make a copy for next year.