

# New Year's Resolution Worksheet

What are your health goals for this coming year?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What are your financial goals this year?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What are your relationships goals this year?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What are some habits that have caused problems for you in the past year that you want to quit?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

From the list above, choose the most important goals and think of steps you can take to achieve those goals.

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. \_\_\_\_\_