

New Years Resolution Worksheet

Setting New Year's resolutions can be a great way to establish goals and work towards personal growth.

1. Reflect on the past year:

Start by reflecting on the previous year. What were your accomplishments? What challenges did you face? What areas of your life would you like to improve?

2. Goal setting:

Identify specific, realistic, and achievable goals for the upcoming year. Use the SMART framework:

- Specific: Clearly define what you want to achieve.
- Measurable: Determine how you will track progress and measure success.
- Achievable: Set goals that are within your reach.
- Relevant: Ensure that your goals align with your values and priorities.
- Time-bound: Set a timeline for achieving each goal.

3. Break it down:

Once you have identified your goals, break them down into smaller, manageable steps. This will help prevent overwhelm and make your goals more attainable. Assign deadlines or milestones for each step to keep yourself accountable.

Goal: _____

Steps:

Goal: _____

Steps:

4. Anticipate obstacles:

Identify potential obstacles or challenges that may arise along the way. Then, brainstorm strategies to overcome them. Having a plan in place will increase your chances of staying on track when faced with difficulties.

Obstacle: _____

Strategies:

5. Monitor and adjust:

Regularly monitor your progress towards your goals. Reflect on what is working well and what needs adjustment. Celebrate milestones and achievements along the way to stay motivated.

Remember, this worksheet is just a tool, and the key to successful goal attainment lies in your commitment, persistence, and belief in yourself.

New Years Journal Prompts

1. What were your biggest accomplishments in the past year? How did they make you feel?

2. What challenges did you face in the last year? How did you overcome them, and what did you learn from those experiences?

3. What goals did you set for yourself at the beginning of the past year? Did you achieve them? If not, what prevented you from doing so?

4. What lessons did you learn about yourself in the past year? How have you grown or changed as a person?

5. Reflect on your relationships over the past year. Which ones brought you the most joy and fulfillment? Are there any relationships that may need more attention in the upcoming year?

6. What self-care practices or habits did you prioritize in the past year? How did they positively impact your well-being?

7. Identify any limiting beliefs or negative thought patterns that held you back in the past year. How can you challenge or change those beliefs moving forward?

8. In what ways did you step out of your comfort zone and embrace new experiences in the past year? How did those experiences contribute to your personal growth?

9. What are your hopes and aspirations for the upcoming year? What goals or intentions do you want to set for yourself?
