

My New Year's Resolution Worksheet



Write your main goal on the line. Be specific.

My goal is

Write a deadline for reaching your goal.

I will reach my goal by

Answer these questions.

1. What do I need to do to reach my goal?

2. What sacrifices am I willing to make?

3. On a scale of 1-10, how strong is my desire to achieve my goal?

4. What are the benefits of reaching my goal?

5. How will I encourage myself when I want to give up?

6. What will I say to people who tell me I can't reach my goal?

7. How can friends and family members help me achieve my goal?

8. Is there a local support group that I can join to help me achieve my goal?