

New Year's Resolution Worksheet

Readdle



Remembering the best of 2017

The year is over, and so is the time to attain your goals for this year. Now, it's time to sit back and reflect on what you have accomplished in 2017.

One thing I did this year I'm most proud of:

Two things I'm grateful for:

Three my favorite memories:

2018 Resolutions

It's going to be your best year

Nearly half of people write New Year's resolutions and promise to accomplish ambitious goals, try something new or break bad habits.

Sadly, only 10% actually keep them. The good news is that it's not because of the lack of motivation, resources or discipline. It's all about planning. Your resolutions should be realistic, time-bound and made a specific result in mind.

We've put together our experiences in writing resolutions and will walk you through the main points to help you achieve your goals and make the new year exciting and inspiring.


Let's get started!

My biggest goal for 2018:

(Visualize and describe the new better you 12 months from now.
The more detailed the better)

Personal development and skills

 I will learn something new

 I'll receive Project management certification and pass B2 Spanish exam by August

Skills I will learn:

Hobbies and leisure

✗ I'll learn how to play the electric guitar.

✓ I'll take 15 lessons and will be able to play simple Led Zeppelin solos by March 2018.

Things I want to learn:

Work and business

✗ I'll run my own company.

✓ I'll start a new retail business and reach a break-even point by the end of the year.

Health and sport

✗ I'll start going to the gym.

✓ I'll run 5 miles per day and go to the gym at least 3 times a week.

Traveling

✗ I will travel more.

✓ I'll visit 5 new countries

Places I want to visit:



A bad habit I'm going to break:

A thing I want to do better:

A food I want to try:

12 ways I can help others:

12 Month to a Better You

Make one small change a month

January

February

March

April

May

June

July

August

September

October

November

December