

"A goal is not always meant to be reached,
It often serves simply as something to aim at"

Bruce Lee



New Year's Resolution Planning Worksheet

What resolution do you want to focus on first?

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When are you aiming to reflect on progress?

How will you know when you've reached your goal?
What will be the evidence?

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What strengths will help you achieve this goal?



1.
2.
3.
4.
5.

Why is this goal important to you?



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What obstacles might come up?

1.
2.
3.
4.
5.



How could you respond?

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What will be different when you achieve your goal?

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What are some steps you could take?

1.
2.
3.
4.
5.

What resources do you have that you can use to support you?

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