

The background is a close-up of a notebook page. It features handwritten notes in various colors, including yellow and blue. A yellow star is drawn on the page. A pencil is visible, pointing towards the bottom right. The text 'Resolutions' is written in a large, bold, black font with a purple outline, centered at the top of the page.

Resolutions

The
Mini-
Workbook

Resolutions

The Mini- **Workbook**

belongs to: _____

In order for you to slay those resolutions, you need to have a plan that is strategic. One way to get strategic, is to get really clear on what you want in the first place. Start to create your own roadmap so you know what you have to do to get to your destination. Take some time to fill out the following questions to help you get clear on what you really want to achieve. Let's begin!

1. What are your New Year's resolutions?

2. What are you doing to help yourself achieve your answers to question 1?

3. What are some habits you want to implement (these should align with your resolutions)?
(Remember make them each S.M.A.R.T.-Simple, Measured, As If Now, Responsible, Time Limit)

1.

S: _____

M: _____

A: _____

R: _____

T: _____

2.

S: _____

M: _____

A: _____

R: _____

T: _____

3.

S: _____

M: _____

A: _____

R: _____

T: _____

4. When it comes to self-improvement, what are your biggest priorities?

1. _____

2. _____

3. _____

5. What is something fun to do this week?

6. List some things on your bucket list.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

7. What is something you are currently nervous about?

8. Who are 5 people who can count on you for help?

1.

2.

3.

4.

5.

9. Who are 5 people you can count on for help?

1. _____

2. _____

3. _____

4. _____

5. _____

10. List the 3 most important things to get done in the next 3 months.

1. _____

2. _____

3. _____

11. What areas of your life do you feel need the most improvement?

1. _____

2. _____

3. _____

4. _____

5. _____

12. What is a new habit that can help you be healthier?

13. Do you have any hidden talents?

14. What are your 3 biggest strengths?

1.

2.

3.

15. What are 3 skills you want to learn?

1.

2.

3. _____

16. What are 10 things you are looking forward to next year?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____