**My New Year’s Resolutions**

Research shows that doing the following steps will dramatically increase your chances of achieving your resolutions.

1. Write them down
2. Make them SMART (Specific, Measurable, Achievable, Realistic, Time Bound)
3. Write down the reasons and the benefits.
4. Decide HOW you will track it and when
5. Get support by having someone else track it with you.

Start with small changes and plan on increasing them as they become new habits. Celebrate your successes as you go and take time to recognize your progress and the changes!

**My #1 SMART Resolution:**

The reason I want to do this is:

The benefit I will receive from implementing this is:

I am going to track it by:

I’m going to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ follow up with me every \_\_\_\_ days/weeks to see how I am doing with achieving my goal..

**My #2 Smart Resolution**

The reason I want to do this is:

The benefit I will receive from implementing this is:

I am going to track it by:

I’m going to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ follow up with me every \_\_\_\_ days/weeks to see how I am doing with achieving my goal.

**My #3 SMART Resolution:**

The reason I want to do this is:

The benefit I will receive from implementing this is:

I am going to track it by:

I’m going to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ follow up with me every \_\_\_\_ days/weeks to see how I am doing with achieving my goal.

**My #4 Smart Resolution**

The reason I want to do this is:

The benefit I will receive from implementing this is:

I am going to track it by:

I’m going to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ follow up with me every \_\_\_\_ days/weeks to see how I am doing with achieving my goal.