

My New Year's Resolution Worksheet

A. Write your main goal on the line. Be specific.

My goal is _____.

B. Write a deadline for reaching your goal.

I will reach my goal by _____.

C. 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?

