New Year's Resolutions 20____

Pick one or two **THEMES** for the year (e.g., friendships, nutrition, self-discipline, self-care, career, family, etc.).

THEME (C).

1 FIERRE (3).			
What is your MANTRA (e.g., no pain, no gain)?			
Mantra 1:			
Mantra 2:			
Write down 2-3 GOALS . Be specific with how you will accomplish it (i.e., objectives). Include your start/end times (keep within 6-12 weeks).			
Goal #1:			
Objective A:			
	Start Date:	Target Date:	
Objective B:			
	Start Date:	Target Date:	
Goal #2:			
Objective A:			
	Start Date:	Target Date:	
Objective B:			
	Start Date:	Target Date:	
Goal #3:			
Objective A:			
	Start Date:	Target Date:	
Objective B:			
	Start Date	Target Date:	

Write down the names of your **ACCOUNTABILITY** team. Be specific with how you have asked them to support you.

Person 1:
Role:
Person 2:
Role:
Person 3:
Role:
How do you plan on handling set-backs? Remember that failure is part of the process. Don't be so rigid that you leave yourself little to no room to maneuver.
First, write down what a setback experience might look like considering your goals. Then, write down your PLAN for RECOVERY so that you may continue on with your goals. Share with your accountability team.
Possible Setback:
Plan for Recovery:
Possible Setback:
Plan for Recovery:
Possible Setback:
Plan for Recovery:

Congrats! You completed a written and thorough New Year's resolution plan! Feel free to make adjustments to the plan along the way. The plan is never perfect, the first draft is often needs revision. **Also, don't forget to CELEBRATE your** accomplishments! Good luck!