

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:

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Plan for Recovery:

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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!