

5 TIPS

to achieve your New Year's Resolution

BUILD A SUPPORT SYSTEM

Share your resolution with friends, family, or colleagues who can provide support and encouragement. Having a support system can make a significant difference in staying motivated. Consider joining groups or communities with similar resolutions, as they can offer valuable insights, advice, and motivation.

BE KIND TO YOURSELF

Understand that setbacks are a normal part of the process. If you miss a workout or indulge in an unhealthy meal, don't be too hard on yourself. Instead of seeing it as a failure, view it as a learning opportunity. Reassess your plan, identify potential challenges, and adjust accordingly. Remember, forming new habits takes time, and the occasional setback doesn't negate your overall progress.

1

SET REALISTIC AND SPECIFIC GOALS

Make sure your resolution is achievable and specific. Instead of vague goals like "exercise more" or "eat healthier," be specific, like "exercise for 30 minutes three times a week" or "eat five servings of vegetables every day." Realistic and clear goals make it easier to track your progress and stay motivated.

2

CREATE A PLAN

Outline a detailed plan on how you will achieve your resolution. Break down your goal into smaller, manageable steps. For example, if your resolution is to learn a new skill, create a weekly schedule that includes dedicated time for practice. Having a roadmap will help you stay organized and focused.

3

TRACK YOUR PROGRESS

Keep a record of your achievements and setbacks. Regularly assess your progress and adjust your plan if necessary. Celebrate small victories to stay motivated and focused on the positive aspects of your journey. Tracking your progress provides a visual representation of how far you've come, reinforcing your commitment. Use the goal sheet provided!

4

5

By incorporating these tips into your New Year's resolution strategy, you increase your chances of success and make the process more enjoyable and sustainable.

This is My Year!

"One part at a time, one day at a time, we can accomplish any goal we set for ourselves."

GOAL
(1 goal per page)

GOAL START

STEPS TO REACH GOAL
(Be Specific!)

WHY IS THIS IMPORTANT TO ME

FOLLOW UP EVERY
(weekly, bi-weekly, etc.)

MY STRENGTHS ARE

WHAT PROBLEMS MAY ARISE

GOAL COMPLETED



**THE BEST
VIEWS
COME AFTER
THE HARDEST
CLIMB**