

Resolution: Make an Agreement With Yourself

What

What specifically do you want to do (or stop doing)?

Specifically when and how you will make it happen (or not happen)?

Why

Why is this resolution important to you this year?

What other tasks is it as important as?

What other tasks is it more important than?

What If

What could stop you from sticking with this resolution?

What will you do to overcome these obstacles?

What Next

How can you remind yourself to keep this commitment?

How can you reward yourself when you do it?

Who would help support you in this goal?

When are you going to ask that person to help you?