

RESOLUTIONS BRAINSTORM

USE THIS WORKSHEET TO BRAINSTORM POSSIBLE RESOLUTIONS FOR THE NEW YEAR.

THEN, CAREFULLY CONSIDER YOUR LIST TO ARRIVE AT 3 - 5 TOP RESOLUTIONS.
EACH RESOLUTION SHOULD BE TIED TO WHAT YOU VALUE MOST.

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CIRCLE YOUR TOP RESOLUTIONS AND WRITE THEM ON THE MY RESOLUTIONS SHEET.
FILL OUT A RESOLUTION PLANNING WORKSHEET FOR EACH.