

New Year's Resolution Worksheet

1. IDENTIFY THE ISSUE: *What am I am trying to resolve:*

2. DEFINE SOLUTIONS FOR CHANGE:

Root Cause Issue	Solution/Change	Notes / Resources

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3. STEPS TO TAKE FOR EACH SOLUTION:

In this next section, list out the SMALL and/or BIG steps, habits or changes to address each of the root cause issues you identified above.

A) Small Changes;

Issue 1:	
Steps to take:	

Issue 2:	
Steps to take:	

Issue 3:	
Steps to take:	

Issue 4:	
Steps to take:	

Issue 5:	
Steps to take:	

Issue 6:	
Steps to take:	

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B) Big Changes:

Issue 1:	
Steps to take:	

Issue 2:	
Steps to take:	

Issue 3:	
Steps to take:	

Continued below.

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4. ACCOUNTABILITY PARTNERS:

In this section, list, by name, the people in your life whose support you'd like for this resolution. You may need a week or three to prepare before you are ready to make it public, but enlisting external support and accountability can mean the difference between success and failure when things get rough.

Ask these accountability partners how you can expect their support or let them know how you would like to be supported.

a. Accountability:

b. Emotional support:

c. Cheerleaders:

d. Who do you need to set boundaries with so they don't sabotage you? Friends who expect me to drink and indulge with them.

e. Other: