

Anytime Resolution Worksheet



Step 1: List up to 5 "Possible" Resolutions

List Several Resolutions	Is this my Goal or another's Goal?	Can you measure progress of this goal?	What is its difficulty? Is it attainable?	Can you share it with someone for support?	Will it change your life?
1	Mine / Others	Yes / No	High / Medium / Low	Yes / No	Yes / No
2	Mine / Others	Yes / No	High / Medium / Low	Yes / No	Yes / No
3	Mine / Others	Yes / No	High / Medium / Low	Yes / No	Yes / No
4	Mine / Others	Yes / No	High / Medium / Low	Yes / No	Yes / No
5	Mine / Others	Yes / No	High / Medium / Low	Yes / No	Yes / No

Pick one or two resolutions that is yours, can be measured, is achievable, can be shared with another and will change your life.

Step 2: Write the resolution so it is defined, measurable, and has an end date.

Resolution: _____

How will you measure it? _____

What date will you accomplish it or evaluate your progress? _____

Step 3: Share it with a friend for encouragement and a plan.

What friend will you share your goal? _____

Share it with that friend. Let them help to provide help for a plan.

What is the plan to achieve this success? What can you do to work towards attaining this resolution?

Step 4: List here the start date

Start Date: 4. (March 1st.) _____

Pick a date that is easiest to start your resolution. Perhaps at the start of the week?

Step 5: Post the resolution in 5 places for frequent reminders.

Choose 5 place to post your resolution. (Example - bathroom mirror, as a bookmark, on the refrigerator, on the door to the bedroom, on the dash of your car, in your office, in your wallet-money clip - purse, coffee table, all your shoes, etc.)