

Staying on Track with Your New Year's Resolutions

Making New Year's resolutions can be a good way to help you progress on your personal growth goals. But what should you do if you fall off track with keeping your resolutions? Try the tools in this worksheet to help you stick to your resolutions.

Resolutions I intend on keeping this year

E.g. Personal, Professional, Parenting,
Physical health, Mental Health, Social

Reasons why I have not been able to keep resolutions in the past

E.g. I picked too many and got
overwhelmed

Which resolutions am I having trouble keeping so far this year?

Why am I struggling to keep my resolutions?

3 steps to help me stay on track

Ex. Set phone reminders

3 things to do when I get off track

Ex. Create a vision board to inspire me every day