Resolved to Achieve My Goals Worksheet

This worksheet is designed to help you identify and map out realistic, achievable, and meaningful goals & resolutions for the coming year, and beyond.

I hope to achieve the following goals in the coming year (work, relationships, health, etc.)

1.

2.

3.

4.

5.

The following behaviors have caused me problems in the past achieving my goals (such as, excessive drinking or drugs, poor impulse control, yelling/fighting, self-harm, etc.)

1.

2.

3.

4.

5.

The following feeling/emotions have caused problems for me in the past achieving my goals (such as, anger, rage, jealousy, impatience, unrealistic expectations, fear)

1.

2.

3.

4.

5,

I am RESOLVED to

Identify your top 5 goals from above you want to achieve. This does not have to be in 2020, but all years to come. Resolve is the determination to do things differently for yourself and to achieve your goals. What are you RESOLVED to change or keep doing that's working!

Resolution #1

Resolution #2

Resolution #3

Resolution #4

Resolution #5

The How To...

You've identified what you're resolved to do or continue doing. Now, how are you going to do it? List the steps to achieve these goals/resolutions. The more details you can list the better. Stay away from broad items, like "be happy", "be calmer", etc. Identify what makes you happy and makes you calmer, use essential oils, take your medication as prescribed, exercise on Monday, Wednesday, and Friday, etc.

Resolution #1: _____

Step 1

Step 2

Step 3

Resolution #2: _____

Step 1

Step 2

Step 3

Resolution #3: _____

Step 1

Step 2

Step 3

Resolution #4: _____

Step 1

Step 2

Step 3

Resolution #5: _____

Step 1

Step 2

Step 3

Finally, think of someone you'd be comfortable reading this worksheet to. Reading the goals/resolutions and steps out loud can be a big help. Can't think of anyone? Try reading them out loud to yourself or list them in the comments of the video. Put your will to change out in the world. You can do it differently!

Remember

Knowledge is Empowerment!!!