

# New Year's Resolution Worksheet

The Word that will Guide my New  
Year is \_\_\_\_\_

*Measure every decision against your guiding word or words. If it does not align then it is not the right move. So if your word is growth and an action or decision will not grow you (your worth, wealth, esteem etc.) then step away from it.*

*Goal: A goal must be written for it to be achieved! What are your goals for the year?*

*Write your goals on the sheet below.*

*Remember to make them specific and measurable. A poorly written goal is "I want to make more money". How much? A better goal is I want to make at least \$10,000 a month or \$150,000 a year.*

*Create three goals for yourself below*

*Make as many copies as you need create as many goals as you feel are necessary.*

*Now write down the major actions you will need to perform to achieve those goals*

**Make as many copies as you need create as many goals as you feel are necessary.**

**Gratitude Mini Journal**

*Everything will not go as planned but gratitude brings blessings, peace of mind and clarity. So jot down what you are grateful for daily.*

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