

# RESOLUTIONS WORKSHEET

By checking ONE of these boxes, you are invited to take a good look at yourself today and commit to your future.

Pick the one that rings true to your heart and mind!

- ☐ Thanks – I'm going to go home and make my existing resolution(s) SMART
- ☐ Thanks – I'm sticking with my current resolution(s).
- ☐ Thanks, but resolutions are not my friend right now.
- ☐ Thanks, but I want to stay exactly as I am.

- This is my New SMART Resolution that is
    - Specific
    - Measurable
    - Achievable
    - Relevant *to my values*
    - Time-bound
- And has a bit of EMOTION!

[illegible]