

I RESOLVE TO® . . .

WORKSHEET

Be A Resolutionista!

Make Resolutions.

Keep Resolutions.

Enjoy The Journey.

1. List 10 things that you would love to be, do, learn, see, hear, feel, experience, have, create, or achieve in your lifetime. This list will serve as a preliminary Lifetime Resolution List. Think outside the box. Consider coloring outside the lines by making Resolutions that you value, are passionate about, and are fun and enjoyable!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

2. What one dream on this list inspires passion and deep interest and is something that you would love to pursue for the next 365 days.
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3. Use the I Resolve To . . . Formula For Success to define specifically what you intend to achieve: **Dream + One Sentence Resolution + Daily Resolves (Goals) = Success, Achievement And Reward.** In one simple, concise sentence describe the ‘who, what, when, why, where, and how’ of achieving your dream.

4. List five small, preliminary steps that you can take toward learning what you need to know to build and implement a written plan and timeline for achieving your Dream/Resolution with ‘Daily Resolves’.

- 1.
- 2.
- 3.
- 4.
- 5.

5. List five strengths, including knowledge, schooling, and life/work experience that can help you to achieve your Dream/Resolution.

- 1.
- 2.
- 3.
- 4.
- 5.

6. List five friends, colleagues, mentors, and/or family members who can help you to achieve your Dream/Resolution, or would be interested in joining you in your journey.

- 1.
- 2.
- 3.
- 4.
- 5.

What a great start for your New Year Resolutions. You are on your way! Remember this mantra . . .

Ultimately I will hit the finish line with a broad smile and arms raised above my head because dreams are labors of love that are worth every ounce of sweat and tears. Dreams are marathons, not sprints, and giving up on the race is never an option despite the obstacles. I will keep myself going day-after-day by reminding myself: For every individual setback, there are 10 small victories that will take me 10 small steps closer to fulfilling my dreams.

And make this promise to yourself . . .

I Resolve To . . . Achieve My New Year Resolutions, One Resolution, One Day At A Time For One Year.® It is my choice. I will do it today. I will turn my resolution into reality in five simple, common sense steps: Dare To Dream, Decide, Define, Develop A Plan, and Do It Daily. I will make my resolution a permanent Lifetime Resolution, something that is with me for good! Above all, I will be A Resolutionista, someone who makes resolutions, keeps resolutions and enjoys the journey! Let's Go For It!