

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 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 + Resolution + Daily Goals/Resolves = 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 2010 New Year Resolutions. You are on your way! Remember resolution-keeping is a marathon, not a sprint. Make a promise to yourself: I Resolve To . . . Achieve My New Year Resolutions, One Resolution, One Day At A Time For One Year. ® It's your choice. Do it today. Turn your resolution into reality in five simple, common sense steps: Dare To Dream, Decide, Define, Develop A Plan, and Do It Daily. Make your resolution a permanent Lifetime Resolution, something that's with you for good! Above all, Be A Resolutionista, someone who makes resolutions, keeps resolutions, and enjoys the journey! Let's Go For It!