

I RESOLVE TO® . . . PROMISE

**I Resolve To . . . Make Every Day New Year's Day. Make Every Day Count.
I Resolve To . . . Achieve My New Year Resolutions, One Resolution,
One Day At A Time For One year.®**

I RESOLVE TO . . . DO'S

I Resolve To . . . Dare To Dream about all the wonderful possibilities.

I Resolve To . . . Decide to choose one dream to pursue and educate myself about the 'who, what, when, where, why, and how' of achieving my dream. I will turn my dream into a positive, specific one-sentence resolution. I will make that resolution a reality with daily goals, also known as 'Daily Resolves'. I will make it a 'Lifetime Resolution' that is with me for good. That's the I Resolve To . . . Formula: Dream + Resolution + Daily Goals/Resolves = Success & Reward.

I Resolve To . . . Define my resolution, concisely, in one sentence that describes the 'who, what, when, where, why, and how', such as: I Resolve To . . . walk every morning for 30-minutes, on varied routes in my hometown to increase interest and promote motivation, so that I will maintain my ideal weight, tone muscles, and promote fitness, good health, and happiness.

I Resolve To . . . Develop A Plan that will enable me to create written, measurable, daily, weekly, and monthly action plans and timelines in a 'Daily Resolution Diary', and take a least one specific, realistic daily step (Daily Resolve) toward achieving my resolution.

I Resolve To . . . Do It Daily! I will work hard to achieve one resolution, one day at a time, for the 365 days; and I will do daily, or weekly, 'Check-Ins' to measure progress, brainstorm new ideas, update my plan, make course corrections, and reward myself for hard-won victories.

I RESOLVE TO . . . DON'TS

I Promise Not to procrastinate.

I will be disciplined, committed, energetic, and diligent.

I Promise Not to give into fear of success, or fear of failure.

I will be confident, optimistic, realistic, and strong.

I Promise Not to get overwhelmed or discouraged.

I will be focused, organized, patient, and positive.

I Promise Not to grow bored, weary, or burned out.

I will be passionate, inspired, enthusiastic, and determined.

I Promise Not to give up!

I will have hope, and faith in myself, my knowledge and abilities.

I WILL RESOLVE365: Signature: _____ Date: _____