

I RESOLVE TO® . . .
WORKSHEET
Be A Resolutionista In 2010!
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!

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: _____