New Year's resolutions

YEAR _____

Fewer, clearer resolutions you'll actually keep.

1 RESOLUTION _____

WHY IT MATTERS

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MY PLAN (SMALL, SPECIFIC STEPS)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TRACKER (J) (F) (M) (A) (M) (J) (J) (A) (S) (O) (N) (D)

2 RESOLUTION _____

WHY IT MATTERS

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MY PLAN (SMALL, SPECIFIC STEPS)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TRACKER (J) (F) (M) (A) (M) (J) (J) (A) (S) (O) (N) (D)

3 RESOLUTION _____

WHY IT MATTERS

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MY PLAN (SMALL, SPECIFIC STEPS)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TRACKER (J) (F) (M) (A) (M) (J) (J) (A) (S) (O) (N) (D)