

A Guide to Smashing My Resolutions

Start Date:

End Date:

Resolution:
(remember, make it specific)

Q&A: Is this resolution relevant to me?

Yes

No

—— You best choose a different resolution then

Plan, Plan, Plan: (flow chart your way to resolution completion. Start at your resolution and end at your first action to get there)

Write Resolution Here

Actions: (summarise your steps here so you can tick them off!)

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Reward: (you deserve a treat after all your hard work!)