

2018

Keeping Your  
Resolutions  
Workbook

# Tips for Using this Workbook:

- Only use the pages you need!
- Use the deadlines page as a set of checkpoints
  - Only set as many as you need—losing 100 pounds will require more checkpoints than losing 15!
  - Also write your deadlines in a calendar you see frequently
- Print out the motivation pages after each goal
  - Ideas for these pages:
    - Encouraging quotes
    - Bible verses
    - Magazine cutouts
    - Images that help you visualize the end result

Enjoy! :)

# Remembering Your “Why”

Resolution #1:

What was my reason for setting it?

What will happen if I don't keep it?

What will reaching it look like?

Do I know anyone who shares this goal?

# Remembering Your “Why”

Resolution #2:

What was my reason for setting it?

What will happen if I don't keep it?

What will reaching it look like?

Do I know anyone who shares this goal?

# Remembering Your “Why”

Resolution #3:

What was my reason for setting it?

What will happen if I don't keep it?

What will reaching it look like?

Do I know anyone who shares this goal?

# Turning My Resolutions Into SMART Goals:

*Specific*  
*Measurable*  
*Attainable*  
*Realistic*  
*Timely*

# Goal #1

Describe it in specific terms:

How will I quantify my progress?

Will my goal stretch me a bit but still be attainable?

Do I truly believe it can be accomplished?

When will it be accomplished?

# Goal #1 Roadblocks

What are some roadblocks I am likely to hit?

My plan for each:



# Deadlines

Deadline:

Date:

Deadline:

Date:

Deadline:

Date:

Deadline:

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# Motivation Page

# Goal #2

Describe it in specific terms:

How will I quantify my progress?

Will my goal stretch me a bit but still be attainable?

Do I truly believe it can be accomplished?

When will it be accomplished?

# Goal #2 Roadblocks

What are some roadblocks I am likely to hit?

My plan for each:

# Deadlines

Deadline:

Date:

Deadline:

Date:

Deadline:

Date:

Deadline:

Date:

Deadline:

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Deadline:

Date:

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*Motivation Page*

# Goal #3

Describe it in specific terms:

How will I quantify my progress?

Will my goal stretch me a bit but still be attainable?

Do I truly believe it can be accomplished?

When will it be accomplished?

# Goal #3 Roadblocks

What are some roadblocks I am likely to hit?

My plan for each:



# Deadlines

Deadline:

Date:

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*Motivation Page*