

New Years Resolution *Workbook*

Over the past two years, I've ditched New Years Resolutions and chosen a theme instead. A theme is flexible, gives you a macro view, and can help you narrow down your goals. For example, I like to set goals for each month of the year. Using my chosen theme as my guide, I can pick goals that align with my long-term vision. You only need to have one theme, but I wouldn't recommend any more than three. Most importantly, it has to be meaningful to you and inspire your actions ahead.

Here are some questions to guide you to choose your theme:

- 1. Which area of life feels lacking or you want to improve?*
- 2. What behaviours do you want to stop doing / start doing?*
- 3. What are your values?*

Pick a theme for the list below or create your own.

- Adventure
- Balance
- Bravery
- Change
- Connection
- Courage
- Enjoyment
- Exploration
- Flexibility
- Gratitude
- Healing
- Health
- Kindness
- Leadership
- Learning
- Mindfulness
- Movement
- Nourishment
- Patience
- Peace
- Self-care
- Self-compassion
- Self-confidence
- Self-love
- Slowing down
- Truth
- Wellbeing

My 2022 theme is:

Now, let's have a look at your behaviours. Are they serving you at the moment and do they align to your values?

List 5 things you want to stop doing, and list 5 things you want to start doing or keep doing.

| Start | Stop |
|-------|------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |

In order for goals to stick, you don't want to stretch yourself, so you're going to focus on **1 main goal** and **2 mini goals**.

| Main Goal | |
|-------------|-------------|
| | |
| Mini Goal 1 | Mini Goal 2 |
| | |

I wish I'd had the courage to live a life true to myself, not the life others expected of me ~ The most common regret of the dying

When creating your goals, use the checklist below to ensure that your goals are meaningful and intentional:

- I am super excited about my goals.
- I am committed to actually following through to achieve these goals.
- These goals are specific (who, when, where, what and why).
- These goals are measurable (how much or how many).
- These goals are achievable.
- There is a deadline in sight to work towards.
- These goals align with my values.
- These goals are going to make a positive impact on me.
- These goals are going to challenge me (not too easy or too difficult).

Take this opportunity to **re-write your main goal that checks all the components of the checklist above.**

Main Goal for 2022

For anything to seriously stick, you need to know your why.

Have a think about why you're here and why you want to make a commitment to yourself. How do you want to feel? What do you want to achieve?

Define your why. *(Hint: it should align with your values)*

Before any undertaking, it helps to have a plan.

List 3 action steps you will take this month towards accomplishing your goal.

1.

2.

3.

Life happens... and there will inevitably be obstacles that challenge your goals **AND THAT'S OKAY!** In fact, it's better to embrace your struggles and setbacks as these are inevitable.

List the potential obstacle/s that you will potentially face. Think of internal barriers, current habits or limiting beliefs that may be holding you back.

We can also use a self-regulatory strategy known as *implementation intention* in the form of an "if-then plan" that can lead to better goal attainment.

What plan can you put in place to overcome your obstacle/s?

Identify an effective action you can take.

Make your "if-then plan" - If <insert obstacle>, then I will <insert action>.

We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve the beauty.
~ Maya Angelou

Celebrating your small wins are essential for sustaining new habits. Dr. BJ Fogg, author of Tiny Habits is adamant that "Celebration will one day be ranked alongside mindfulness and gratitude as daily practices that contribute most to our overall happiness and wellbeing".

How are you going to celebrate after completing each of your action steps this month?

Action step 1:

Celebration:

Action step 2:

Celebration:

Action step 3:

Celebration:

Want to dive deeper and set goals for each area of your life?

Download the FREE Intentional Living Playbook with over 30 thought-provoking and fun activities that will guide you setting meaningful goals that are personal and achievable.



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