

MY 2016

GOALS & RESOLUTIONS

SET THE GOAL

My goal and resolution for 2016 is:

This goal is important to me because:

COMMIT TO ACTION STEPS

To meet this goal I commit these actions (hint: make them measurable and specific):

Action 1:

Action 2:

Action 3:

Action 4:

Action 5:

FIND ACCOUNTABILITY

I will share my goal and account steps with _____ and will continue to hold myself accountable by sharing _____ (daily, weekly, monthly) progress reports and updates via _____ (email, text, in-person meeting).

CELEBRATE YOUR SUCCESS

When I reach my goal I will celebrate by:

This worksheet is created by Michelle Horton, MA, LMFT and is based on a research study by Dr. Gail Matthews at Dominican University.

