



New Year's Resolutions Webinar Worksheet

The Big Goal <i>What is your vision or dream?</i> <i>Timeframe: 6 months to a year</i>	
WHY? <i>Analytical reason</i> What is the ONE benefit?	
WHY? <i>Emotional reason</i> How do you want to FEEL?	
What behaviors or actions already make you feel the way you want to feel?	
How could you make this a habit?	
Long-term goal <i>Timeframe: 3-6 months</i>	
Medium-term goals <i>Timeframe: 1-3 months</i>	
Short-term goals <i>Timeframe: 1-3 weeks</i>	
Baby steps <i>What can you do today? Each day this week?</i>	