

# RESOLUTIONS CHECKLIST

NOW IS THE TIME TO START WORKING TOWARDS A NEW GOAL. WHEN YOU MAKE A RESOLUTION, THINK ABOUT SETTING SMART GOALS. TO MAKE SURE YOUR GOALS ARE CLEAR AND REACHABLE, EACH ONE SHOULD BE:

**SPECIFIC · MEASURABLE · ACHIEVABLE  
RELEVANT · TIME-BOUND**

**GOAL:** \_\_\_\_\_

**WAYS TO SUPPORT THIS GOAL:**

**ONE HABIT TO CHANGE RIGHT NOW:**

**GOAL:** \_\_\_\_\_

**WAYS TO SUPPORT THIS GOAL:**

**ONE HABIT TO CHANGE RIGHT NOW:**

