

2021 RESOLUTIONS

DATE: _____

RESOLUTION:
a firm decision to
do or not do
something.

MY TEN 2021 RESOLUTIONS





















TOP 3 RESOLUTIONS

(The most important/meaningful from the list above.)

#1:

HOW I'M GOING TO ACCOMPLISH THIS RESOLUTION

Write down specific plans on how you will accomplish this resolution. Be as detailed as you can be without being overly complicated.

AFFIRMATIONS I WILL TELL MYSELF EVERYDAY

Positive statements that reflect who you want to be. They typically do the most good when used as though you have accomplished the resolution already.

(example: I AM a healthy individual! or I make a difference the lives of those around me!)

2:

HOW I'M GOING TO ACCOMPLISH THIS RESOLUTION

Write down specific plans on how you will accomplish this resolution. Be as detailed as you can be without being overly complicated.

AFFIRMATIONS I WILL TELL MYSELF EVERYDAY

Positive statements that reflect who you want to be. They typically do the most good when used as though you have accomplished the resolution already.

(example: I AM a healthy individual! or I make a difference the lives of those around me!)

3:

HOW I'M GOING TO ACCOMPLISH THIS RESOLUTION

Write down specific plans on how you will accomplish this resolution. Be as detailed as you can be without being overly complicated.

AFFIRMATIONS I WILL TELL MYSELF EVERYDAY

Positive statements that reflect who you want to be. They typically do the most good when used as though you have accomplished the resolution already.

(example: I AM a healthy individual! or I make a difference the lives of those around me!)

Help filling out the **"Resolutions" Document**

Page 1:

- Write your top 10 resolutions for 2021.
 - Remember that a resolution is a FIRM decision to do or not to do something.
 - Not a **goal**. A goal you try to achieve; a resolution is a "**change**".
 - Then pick the top 3 that are the most important or meaningful to you.
 - These are the one's you will focus on first.
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Pages 2-4:

- Write 1 of your top resolutions at the top.
 - Then make a detailed and specific plan on how you will make this resolution a habit(or a non-habit).
 - Make it something doable. You want to be successful(most of the time).
 - Create a couple affirmations that you can say each day to yourself.
 - "I am" statements often help quite a lot.
 - Example: If my resolution is to be healthier, I might have the affirmation: "I am a healthy individual." or "I make good decisions for my health."
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Then....

- Each day say each of your affirmations out loud. (In the mirror works quite nicely.)
- Work each day to make (or break) the habit.
- **Be kind to yourself** when you "mess up". You are not Wonder Woman or Superman and you will "fall short" of your resolution sometimes. But don't stop!
- For added help, you can let a friend or family member know what your resolution is so you have a sense of accountability outside of your self.
- Once you have made your resolution a habit, pick another from your "Top 10" list and focus on that resolution!