

## Rank Your Resolution.



Rank your current success with your New Year's resolution on a scale of 1-10 where:

1 = Unsuccessful/haven't even tried

10 = Perfect/nailed it so far

<-- 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 -->

If you're at a 10, great job! Keep it up and you'll hit that goal in no time flat. If you're anywhere else on the scale, what can you do on a daily basis to get closer to that desired outcome? Visualize whatever number you gave yourself at the start of each day, and work toward bumping that number up until you hit a perfect 10.

## Beat the Blockers.



Overcoming obstacles is a natural part of achieving anything in life. Let's take a second to really identify what it is that's holding you back from your resolutions:

- Time
- Money/resources
- Other people
- Motivation
- Not sure where to start
- Fear of failure
- Distractions

Now that you've checked a box or two, let's get rid of those blockers. This is your situation, so only you know how to jump this hurdle and keep going. But here are a few pieces of advice: If you lack resources, ask for help or spend some time researching a cheaper route to your goal. If other people are holding you back, distance yourself from them. You get the picture. Identify the problem and get rid of it.

## Make It a Habit.



A resolution's best friend is regularity. If you're not inching your way toward your goal every week or even every day, then it won't ever happen. Mark your calendar, make it official and make it a habit. Go ahead, we'll wait.

## Treat Yourself!



Yep, that's right. Everyone deserves a treat here and there. You'll never reach your goal if you're too entrenched and stressed out by it. Take time for fun and reward yourself for the hard work you've put into your resolutions. Write down how you'll treat yourself and how often.

I'll treat myself to \_\_\_\_\_ every \_\_\_\_\_.

## Talk It Out.



The more you talk about something, the more real it becomes. Don't be "that guy" who's always chatting about their resolution, but make a point to bring it up once in conversation to a handful of different people. It will hold you accountable not just to yourself but to them too.

## Break It Down Now.



If you're feeling like you bit off more than you can chew, you might simply be looking at things wrong. One big ol' lofty goal could intimidate even the most brazen of us, so use this space to break your goal down into bite-sized and manageable tasks:

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Final Goal: \_\_\_\_\_

## Find the "Why"



Having trouble getting started or excited about your resolution? It may sound esoteric, but we want you to find the "why" behind your goal. Spend a few minutes really meditating on why you want to achieve this result — don't think about the result itself. You might find that your "why" leads to an entirely different conclusion with a new set of goals.

Why do I want to accomplish this?

\_\_\_\_\_

## Aiming for the Moon?



There's an old quote: "Shoot for the moon. Even if you miss, you may hit a star." We take that to mean: "Aim high because even if you don't hit your goal, you'll still achieve something great." There's nothing wrong with setting high expectations for yourself, but if your goal is totally unachievable, now's the time to set your sights on one of those bright, shiny stars instead. You be the judge, but it's better to accomplish something great than become disillusioned and upset by the impossible.