




Writing New Year's RESOLUTIONS



Setting New Year's resolutions is a tradition in many parts of the world. A resolution is a promise to do something differently in the new year. Successful resolutions are motivating, measurable, and manageable.

Come up with three specific, measurable goals and make a plan for how you'll achieve them. Write your responses in the chart.

	GOAL #1	GOAL #2	GOAL #3
 What I plan to achieve:			
 How I'm going to achieve this goal:			
 My time frame for achieving this goal:			