

new Year's Resolutions

Goals & Rewards

New Year's Resolutions

2 Categorize your goals by topic

personal

physical

spiritual

financial

social (work/school)

other

new Year's Resolutions

3 Prioritize
within your different topics

personal

physical

spiritual

Financial

social (work/school)

other

new year's Resolutions

Daily Goals

be specific to see more success

morning

afternoon

evening

new Year's Resolutions

monthly Goals

be specific to see more success

Priority 1:

Priority 2:

Priority 3:

New Year's Resolutions

my Rewards

no cheating now...you worked hard for this!

Benchmark 1

Benchmark 2

Benchmark 3

Benchmark 4

Benchmark 5

Goal!
