

Day 1 Worksheet: 10 Steps to Crafting the Right Resolution

“Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues forth from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now!

- Johann Wolfgang von Goethe”

(1) Make a list of all the things you'd like to resolve to do differently.

(2) Put a star next to the BIG habits (those that take more than 1 minute or so to accomplish everyday). Put two stars next to resolutions that will make you noticeably and lastingly happier.

(3) Decide on the one big thing that you'd like to focus on in the next 21 days. Circle that.

(4) Do you need to reframe your resolution as a positive habit or behavior change? What would you like to start doing in the next 21 days?

(5) What do you need to know or learn before you can really see yourself developing this habit?

(6) What specific behaviors are involved?

(7) How do you want to feel when you're doing this habit?

(8) Why are you making this resolution? How will you personally benefit from getting into this habit?

(9) Who else in your life will feel the positive effects of your change? Are there any other good reasons to make and keep this resolution?

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Which reasons really resonate with you as truly motivating? Circle those reasons.