

What is your 2016 resolution?


What do you intend to change?

Make sure your goal is:

1. Measurable
2. Within your control
3. Action oriented

Rephrase your goal:

Share this with someone who will offer you support & encouragement:



(My cheerleader!)

Visualize:

How will I benefit from taking these actions?

How will I benefit from the outcome of these actions?

Planning:

What are some specific steps I can take to make my success with these actions as convenient as possible?

What are some specific steps I can take to make failure inconvenient?

Barriers:

What has stopped me before? What problems can I predict? How can I find a solution to those in advance?

Rewards:

