

New Year's Resolution Worksheet

MxRady |



Remembering the best of 2021

The year is over, and so is the time to attain your goals for this year. Now, it's time to sit back and reflect on what you have accomplished in 2021.

One thing I did this year I'm most proud of:

Two things I'm grateful for:

Three favorite memories:

2022 Resolutions

It's going to be your best year

Writing New Year's resolutions you'll actually keep

Nearly half of people write New Year's resolutions and promise to accomplish ambitious goals, try something new or break bad habits.

Sadly, **only 10% actually keep them**. The good news is that it's not because of the lack of motivation, resources or discipline. It's all about planning. Your resolutions should be realistic and time-bound.

We've put together our experiences in writing resolutions and will walk you through the main points to help you achieve your goals and make the new year exciting and inspiring.

Let's get started!

My biggest goal for 2022:

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

(Visualize and describe the new better you 12 months from now.
The more detailed the better)

Hobbies and leisure

Vision

Describe yourself in a year from now with your goals achieved.

Example: I will be able to play guitar when hanging out with friends.

Goals

Break down your vision into goals. They should be SMART: specific, measurable, achievable, realistic and time-bound.

Example: Learn at least 20 basic chords and popular strumming patterns by August.

First steps

Write down a few steps to help you get started.

Example: Take a GuitarJamz guitar course.

Personal development and skills

Vision

Goals

Example: I'll pass be a proficient speaker making 10 videos a week by june 2022

First steps

Work and business

Vision

Goals

Example: I'll start achieve monthly target of 40 lakh sale every month by june 2022 & will make 100 active personal clients.

First steps

Health and sport

Vision

Goals

Example: I'll be able to run 5 kms for 30 minutes in 2 months.

First steps

Financial

Vision

Goals

Example: I'll invest at least 5K into investments with 20% return by the end of the year.

First steps

Travel

Vision

Goals

Example: I'll visit Goa & will get myself 2 weeks vacation by August.

First steps

Intentions for 2022

to make it the best year of my life.

I will stop: _____

I will start: _____

I will attend: _____

I will learn: _____

I will do: _____

I will see: _____

I will give: _____

I will receive: _____

I will invest: _____

I will try: _____

I will accomplish: _____

I will risk: _____

I will start doing: _____

I will execute: _____

I will buy: _____

I will gift: _____

I will achieve: _____

12 Months to a Better You

Choose one big thing and fully focus on it for the whole month.
In a year, you'll be surprised how much you've achieved.

January

February

March

April

May

June

July

August

September

October

November

December