Resolution Planner

Feel free to reproduce this as many times as you want to. Create a planner for each resolution you set.

1. Make your resolution/goal SMART
   Specific - What specifically do you want to achieve?
   Measurable – How will you measure your progress?
   Achievable and Action Based – Is your goal achievable within the timescale you have set for yourself?
   What actions will you take in order to achieve your goal?
   Realistic – Your goal should be realistic within the timescale you have set
   Timescale – When do you want to achieve this goal by?

2. Now imagine that you have already achieved this goal! Create a compelling image of yourself succeeding in achieving this goal. What can you see, hear, feel, taste and smell?

3. What can you see?

4. What can you hear?

5. What are you feeling?

6. What can you taste and/or smell?

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7. Who can you share this vision with?



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