Name: _____ **Date:** _____

New Years Resolution

My goal is:

Be specific!

_____
_____
_____

I know I can achieve this goal because:

_____
_____
_____

Steps I will take to reach my goal are:
1. _____
_____
2. _____
_____
3. _____
_____

I want to reach my goal because:

_____
_____
_____
_____

I will finish this goal by:

_____