

NEW YEAR'S RESOLUTION PLANNER

REFLECTIONS

- What were my biggest accomplishments last year?
- What did I appreciate the most about last year?
- What challenges did I experience?
- What would I improve for this year?

GOAL PLANNER

Created / /

To Achieve By / /

Achieved ☐

GOAL

ACTION STEPS
1 _____
2 _____
3 _____
4 _____
5 _____

MOTIVATION

STRATEGY

PROGRESS TRACKER
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REWARD

GOAL PLANNER

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