

New Year's Resolutions

FINANCE



- _____
- _____

FITNESS



- _____
- _____

HEALTH



- _____
- _____

SPIRITUAL



- _____
- _____

RELATIONSHIPS



- _____
- _____

WORK



- _____
- _____

WRITE 1-2 GOALS FOR EACH CATEGORY, RANKING EACH



New Year's Check-Ins

FINANCE

FITNESS

HEALTH

SPIRITUAL

RELATIONSHIPS

WORK

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CHECK-IN WITH YOUR GOALS EVERY 3,6, & 9 MONTHS



New Year's Reflections

WHAT'S MY WHY?

WHAT ARE MY OBSTACLES?

HOW CAN I OVERCOME THEM?

WHAT ARE MY SMALL SIMPLE STEPS?

WHAT ARE MY REWARDS?

HOW CAN I KEEP ACCOUNTABLE?

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ASK YOURSELF THESE QUESTIONS WHEN PLANNING YOUR RESOLUTIONS

