

## Decision Sheet: New Year's Resolutions

This worksheet is designed to help you make better decisions when it comes to making and achieving your New Year's resolutions. The list below provides some of the most popular resolutions. You can select from these resolutions or you can add your own on the lines provided.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Make better decisions         | <input type="checkbox"/> Find soul mate             | <input type="checkbox"/> Save more money                |
| <input type="checkbox"/> Lose weight                   | <input type="checkbox"/> Enjoy life more            | <input type="checkbox"/> Take a trip/travel more        |
| <input type="checkbox"/> Exercise more                 | <input type="checkbox"/> Stop fighting as much      | <input type="checkbox"/> Go back to school/take a class |
| <input type="checkbox"/> Eat healthier                 | <input type="checkbox"/> Stop losing my temper      | <input type="checkbox"/> Get a new job                  |
| <input type="checkbox"/> Quit smoking                  | <input type="checkbox"/> Find a new hobby           | <input type="checkbox"/> Learn a new language           |
| <input type="checkbox"/> Quit drinking/drink less      | <input type="checkbox"/> Get organized              | <input type="checkbox"/> Buy a house or move            |
| <input type="checkbox"/> Sleep more/less               | <input type="checkbox"/> Learn something new        | <input type="checkbox"/> Work on spiritual growth       |
| <input type="checkbox"/> Reduce stress                 | <input type="checkbox"/> Read more books            | <input type="checkbox"/> Attend church more often       |
| <input type="checkbox"/> Watch less television         | <input type="checkbox"/> Help others more           | <input type="checkbox"/> Attend more cultural events    |
| <input type="checkbox"/> Use my time more productively | <input type="checkbox"/> Volunteer in my community  | <input type="checkbox"/> Make more friends              |
| <input type="checkbox"/> Take more time for myself     | <input type="checkbox"/> Become involved in a cause | <input type="checkbox"/> Other _____                    |
| <input type="checkbox"/> Have more fun                 | <input type="checkbox"/> Donate more to charity     | <input type="checkbox"/> Other _____                    |
| <input type="checkbox"/> Spend more time with family   | <input type="checkbox"/> Reduce debt                | <input type="checkbox"/> Other _____                    |
| <input type="checkbox"/> Strengthen my relationships   | <input type="checkbox"/> Spend less money           | <input type="checkbox"/> Other _____                    |

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Complete this section of the form to help you decide on making and achieving your resolutions. Set yourself a deadline for when you want to achieve your resolution and determine the desired outcome of your resolution. Then decide what actions you are going to take to help you reach these goals.

<b>Decision:</b>	<b>Goal/Objective:</b>	<b>How Will You Achieve Your Goal:</b>	<b>Deadline to Achieve Goal By:</b>
(SAMPLE) Lose weight	Lose 15 pounds (1 pound per week)	Work out 5 times a week and eat a healthier lunch	April 10, 2008