



1. **Brainstorm goals** for yourself using the categories and space below for inspiration. Don't limit yourself to these, or feel obligated to have something in each category.
2. Put a 'star' next to the goals that are **new** habits to start. Put an 'X' next to the habits that you want to **stop**, and put a 'C' next to the habits that you want to **continue** and hang onto.

Health. Nutrition / Fitness / Self Care

Relationships. Partner / Family / Friends

Professional. Career / Business / Education

Finance. Debt / Savings / Spending / Giving

Personal Development. Spiritual / Intellectual

Other. What else is important to you?

3. Now **pick your top 2-4 goals** you want to accomplish this year. What is most important to you? Where will you get the most joy? What will have the most impact for you this year?

4. Write down a **commitment statement** for each of your goals this year on the back of this form or a phone note – or both. Use the following format:

I'm going to kickass this year and take my (category) goal of (detail) from (current) to (future) by (date) .
Steps I will take are (steps) and (steps) . I'll visually track my progress (location) with (visual) . I'll celebrate by (reward) .

EXAMPLE

I'm going to kickass this year and take my *health* goal of *walking 10k steps daily* from *7k* to *\$10k* by *3/1/20*. Steps I will take are *scheduling some walking meetings at work* and *taking the train to work 2x week*. I'll visually track my progress *on the family chalkboard* with a *daily update of steps*. I'll celebrate by *booking a facial*.

5. **Begin the year** by focusing on your 'continue' habits and add in 1 new 'start' habit, then gradually add on another 'start', and eventually add a 'stop' into the mix too.

6. **Celebrate your progress** as you move your 'starts' to 'continues' and your 'stops' become a thing of the past!