

Resolutions

Workbook

2018



Evaluation

Where am I now? What things in my life am I unhappy and unfulfilled about?

Where do I want to go? What change am I dreaming about?

Now, write down your three most important goals for 2018:

- 1.
- 2.
- 3.

Are those goals sustainable?



Change your thinking

What things are you thinking and saying about yourself that tear you down?

What things could you be saying and thinking instead?

Write them down and say them out loud every morning.

Inspiration Sources

Make a list of your very own inspirations for 2018.

IF YOU NEED SUGGESTIONS, HAVE A LOOK AT THE INSPIRATION SOURCES FOR 2018 LIST.

Books I want to read/listen to in 2018:

Podcasts I want to subscribe to in 2018:

Blogs & Inspirational People I want to follow in 2018:

The flexible strategy

List your top three goals again:

- 1.
- 2.
- 3.

Now think about practical steps you want to take on a daily basis to reach those goals:

- 1.
- 2.
- 3.

Consider you own personal type, the way you are wired and if those strategies are realistic.

Think of a plan B and alternatives you would introduce of the strategies fail:

- 1.
- 2.
- 3.

