2018 Reflection

QUESTIONS TO COMPLETE:

How can I be a better friend, significant other, child, grandchild, etc. this year?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Am I holding myself back in any areas of my life, such as work, relationships, or fitness? Why?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

I’m most happy when I’m doing/feel like…

1. _____________________________

2. _____________________________

3. _____________________________
I’m the least happy when I’m doing/feel like…

1. ___________________________
2. ___________________________
3. ___________________________

In 5 years I want …

1. ___________________________
2. ___________________________
3. ___________________________

OTHER CONSIDERATIONS:

What motivates me? (Family, friends, significant other, career, money?)

Are my motivations healthy and sustainable?

What kind of skills do I need to develop to achieve my aspirations?

What activities do I need to do to accomplish my goals?

WHEN COMPLETE, FILL OUT THE WORKSHEET BELOW AND TELL A FRIEND (OR FIVE!) YOUR GOALS FOR THE NEW YEAR!
2019 Goals & Resolutions

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RESOLUTIONS

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• __________________________________________________________

• __________________________________________________________

GOALS

• __________________________________________________________

• __________________________________________________________

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• __________________________________________________________

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