

New Year's Resolution Worksheet 2006

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Amaze Yourself Coaching**

In preparation, have a pen available, light a candle, sit in your favorite chair, and sip your favorite tea. Relax. Take a few deep breaths...as you breathe out let all the tension release from your body. As you breathe, in feel peace and gratitude fill you. When you're fully present, continue below.

- 1) Review each area of your life – Career, Finances, Relationships, Personal Growth, Health, Recreation, and Physical Environment, (others).

What am I grateful for?	What am I doing to help create the things I'm grateful for?

What am I tolerating?	What am I doing to help sustain the things I'm tolerating?

- 2) Write a statement describing the change / goal you commit to achieving this year.

GOAL- State it in positive terms and describe it so that you can experience it as already realized.	PURPOSE - What it means to me to achieve this goal. Identify the skills, characteristics, discipline, knowledge, beliefs, and attitudes that will serve you in attaining this change/ goal.	BY WHEN and how will you know

3) Identify the tools you have and tools you need to achieve this goal?

Tools I have – think of past successes you’ve achieved and identify what you did to create them.	Tools I need – support from others, time, daily/ weekly habits, material items, personal characteristics, etc

4) Picture your life a year from now. You have made that significant change! You’ve accomplished that goal or made huge strides towards the achievement that you thought was difficult to near impossible. Describe you, your life and the people you’ve impacted a year from now.

5) Now, think of yourself NOT having achieved or even attempted this change. You started the year out with good intentions but somehow, life got in the way. Describe you, your life and the people you’ve impacted.

6) Make a commitment to yourself to never give up. Have faith that all that comes your way- even the challenges- are present to help you reach the goal. Promise yourself to return to gratitude in the face of discouragement. Be willing to receive the joy and abundance of your achievement!

Many of us start out the New Year with good intentions of making changes. We're excited about the idea of achieving our goal but don't give ourselves the tools to do it. Without this support, we get distracted, discouraged and soon lose sight of what was so important about making that particular change anyway.

Make this year next different from the others. Start by giving yourself a gift this holiday season. ***Give yourself the tools you need to achieve what matters most to you!***

- * Clarity
- * Accountability
- * Persistent action toward your goal
- * New skills to meet challenges without being deterred

These are just a few of the tools coaching offers!

**COACHING CAN MAKE ALL THE DIFFERENCE BETWEEN
FEELING REGRET AND BEING IN LOVE WITH YOUR LIFE A YEAR
FROM NOW!**

One last question...*If don't start making that significant change this year, WHEN will you???*

CONTACT ME TO DISCUSS WORKING TOGETHER TO ACHIEVE YOUR DREAMS!

Amaze Yourself Coaching

What's your Dream?

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