## A Gift From John Derick www.JohnDerick.com **NEW YEARS RESOLUTION WORKSHEET**

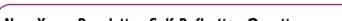
### What Is My Resolution?

Why Am I Doing This?



What Are My Weekly Micro-Goals?

What Are My Monthly Mini-Goals?



### **New Years Resolution Self-Reflection Questions:**

- What are my financial milestones?
- What risks will I take to expand my comfort zone? What new knowledge or skills will I develop?
- What are my career aspirations?
- What material possessions do I desire?
- Am I pursuing additional education certifications?
- How will I become physically & emotionally healthier?
  - What places would I like to visit?

#### Want To Make These Resolutions Come True??

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