

# SET NEW YEARS RESOLUTIONS THAT STICK!

## Dr. PREWITT's 4 EASY STEPS:

1. Pick a **MEANINGFUL** goal that will improve your life or health; something that motivates you:

**MY GOAL(s):** \_\_\_\_\_

2. Make your Goal **S.M.A.R.T.** (Specific, Measurable, Achievable, Relevant, and Timed/Trackable)

-how specific can you be? \_\_\_\_\_

-what will you measure? \_\_\_\_\_

-make sure it feels like you **CAN** achieve it? Y / N

-is the **GOAL** relevant / meaningful to you? Y / N

-what date will you achieve it by? \_\_\_\_\_

-create a way to track it weekly! (see next page)

3. Reverse Engineer the **GOAL**. Break it down to at least **WEEKLY**, and in some cases **DAILY** trackable milestones:

\_\_\_\_\_

4. Pick an accountability partner: \_\_\_\_\_

**Write the GOAL down and post it on your bathroom mirror. READ it daily! Hold yourself accountable by honestly tracking the goal. CELEBRATE when you achieve it!!**

Post this in a place you will READ DAILY!

**I CAN DO THIS! I WILL DO THIS! I DESERVE THIS!**

**My S.M.A.R.T. GOAL:** \_\_\_\_\_

\_\_\_\_\_

**My DATE to reach my GOAL:** \_\_\_\_\_

**My ACCOUNTABILITY PARTNER:** \_\_\_\_\_

**My PROGRESS:**

Date	Current Measurement	Action Steps Needed?