


# Resolutions & Goal-Planning Worksheet

 First, decide what your resolution(s) is/are and write it on the next page.

 Next, decide on what long-term goal(s) you'd like to reach in order to work on your resolution. For each long-term goal, you should print out page 3.

 Underneath the long-term goal, decide on the short-term goals you'd like to reach in the next quarter (three months), in order to work towards this goal.

 Then, for each of those short-term/ quarterly goals, print out page 4.

 Underneath each short-term goal, write the objectives/ activities to reach that short-term goal.



*I Resolve to.....*



# Long-Term Goal



# Quarterly Short-Term Goals



# Quarterly Short-Term Goal



## Objectives

