



1) Set Your Intention

How do you want to feel this year?

My word/phrase for the year:

Three values I'm choosing to live by:

2) Your Top 3 Resolutions

Resolution	Why it matters	First small step

3) Make One Resolution SMART

Pick ONE resolution to start with and make it crystal clear:

Specific - What exactly will you do?

Measurable - How will you track it?

Achievable - What makes this realistic?

Relevant - Why does it matter now?

Time-bound - By when / how often?



4) First 7 Days Plan (tiny steps)

List small actions you can do this week. Keep them embarrassingly doable.

Day 1:	
Day 2:	
Day 3:	
Day 4:	
Day 5:	
Day 6:	
Day 7:	

5) Make It Easy (environment + habit cue)

When / where will it happen?	Cue (what reminds you?)	Make it easier (prep / reduce friction)

6) Support & Accountability

Who will you tell / invite into your journey?

How will you track progress? (journal, app, calendar, coach, friend)

Weekly check-in day/time:

Reward for consistency:

7) If-Then Plans (for obstacles)

Write your backup plan before life happens.

If	then I will
If	then I will
If	then I will

Tip: Progress beats perfection. Small, consistent actions change everything.



30-Day Habit Tracker

Focus habit / resolution:

Day 1 ☐ Done	Day 2 ☐ Done	Day 3 ☐ Done	Day 4 ☐ Done	Day 5 ☐ Done	Day 6 ☐ Done
Day 7 ☐ Done	Day 8 ☐ Done	Day 9 ☐ Done	Day 10 ☐ Done	Day 11 ☐ Done	Day 12 ☐ Done
Day 13 ☐ Done	Day 14 ☐ Done	Day 15 ☐ Done	Day 16 ☐ Done	Day 17 ☐ Done	Day 18 ☐ Done
Day 19 ☐ Done	Day 20 ☐ Done	Day 21 ☐ Done	Day 22 ☐ Done	Day 23 ☐ Done	Day 24 ☐ Done
Day 25 ☐ Done	Day 26 ☐ Done	Day 27 ☐ Done	Day 28 ☐ Done	Day 29 ☐ Done	Day 30 ☐ Done

Streak goal:

What will make this easy to keep going?

After 30 days, what changed in you?

Next 30 days: what's the next tiny upgrade?