

It is January, 2010!

Do you have a resolution? Do you have goals for this new year?

If you do... You might ask yourself these 10 questions.

Is this something that is really important to me? _____



If it is,

What makes it important? _____

What will change about me or my life if I keep my resolution? _____

What will happen if I don't? _____



If it isn't,

What could I do that is important to me? _____

If it isn't important, what makes me want to make this resolution? _____



Once you've decided what you'd really like to do, you could ask yourself...

How will I know when I'm successful?

What 3 things can I do that will support my work?

What 3 things can I do when I face a barrier?

Who can I ask for support?

How will I celebrate myself along the way? (I know this is 11 questions, but it is a celebration question!)

Celebrate!