

New Year's Resolutions

Manageable goals

Do you know why 90% of us don't keep New Year's resolutions? Because our goals (1) _____ too big and too vague. Instead (2) _____ telling yourself that you want to 'get organised', try (3) _____ that goal down into something smaller and more concrete. 'Clean out all clothes that haven't (4) _____ worn in a year' or 'move all the sports equipment to the garage' gives you a solid place to start, then you can go on to (5) _____ small goal that will take you one step closer to 'getting organised'. There are (6) _____ big jobs, just lots of small ones.

Make a list

You've heard it a million (7) _____: if you write a goal down, it is more (8) _____ to happen. There is something about the act of (9) _____ your thoughts on paper that makes you more committed to the outcome, and it is wonderfully therapeutic to cross an item off your list (10) _____ you complete it!

Review

The best thing about writing your goal down (11) _____ that you have something physical to hold in your hand and refer back (12) _____ when you need a boost. Ask yourself some questions about each goal: Why haven't I (13) _____ more progress on this goal? What's getting in my way? Is this goal (14) _____ important to me? If your priorities have changed, drop it from your list.

A	another	E	breaking	I	made	M	putting
B	are	F	done	J	no	N	still
C	be	G	is	K	of	O	times
D	been	H	likely	L	once	P	to

1	2	3	4	5	6	7	8	9	10	11	12	13	14