

*The Wellness  
Value*

HEALTH COACHING TAILORED FOR YOU



## My New Year's Resolution Plan

~2022~

### New Year! New YOU! Whole & Well

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For 2022, my goals are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

These goals are important to me because:

If I achieve these goals, then the following things will change for me:

These are the things I will commit to doing to achieve my goals:

1. \_\_\_\_\_ Due Date: \_\_\_\_\_
2. \_\_\_\_\_ Due Date: \_\_\_\_\_
3. \_\_\_\_\_ Due Date: \_\_\_\_\_
4. \_\_\_\_\_ Due Date: \_\_\_\_\_
5. \_\_\_\_\_ Due Date: \_\_\_\_\_

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## **New Year! New YOU! Whole & Well**

Sharing your goals with someone helps you become more likely to achieve your goals. Who will you share your goals with?

Who can be your accountability partners to help you achieve your goals?

What barriers (real or imagined) are in your way

What can you do to remove these barriers?

What is the next step you want to take NOW to achieve your goals for 2022?