

# New Year's Resolutions

Brainstorm your resolution ideas

What areas of your life need attention?

Where would the ideal you be in 5 years?

What are your current frustrations/difficulties?

What is something you've always wanted to do?

Select your resolutions

Resolutions from under-served areas of your life

Not selecting too many resolutions

Clearly define your resolutions

Tweaking resolutions to fit the SPVEM framework

Make resolution action plans

Breaking it down into small actionable steps

Daily/weekly/monthly habits and tasks

Schedule regular resolution check-ins

The first day, week, and month

Resolution D-day (Jan 19)

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