New Year's Resolution

Check-off the following questions to get clear on making your New Year's Resolution work for you. Aim to put small routines in place that will accumulate overtime to create the lifestyle you want for yourself. We say to start small so you don't set yourself up to fail. Once the small things are in place, and a routine has formed you can build on it from there. Be specific as you can be with times, days, behaviours, locations, and so on. And remember:

Don't be too hard on yourself   +   Trajectory rather than goals
Be realistic + Plan for obstacles + Buddy-up

What lifestyle do I want for myself? *Example: a healthy lifestyle, a positive relationship with my body, a relaxed lifestyle that connects with nature, a restorative lifestyle that prioritises movement.*	
What trajectory and realistic routines can I put in place that support this? *Example: 20 minutes of movement at 6am each morning, allocate Sunday afternoon's (between 1-4) for rest with no exceptions, go for a walk as soon as I get home from work.*	
What do I need to be able to do this? *Example: set my alarm 30 minutes earlier, acknowledge thoughts of "I don't want to" or "I'll, do it tomorrow" and get up anyway, be prepared to say no to invitations that occur on Sunday afternoons, join a walking group, prioritise being prepared for the week ahead*	
What obstacles am I likely to face and what plans can I put in place to overcome them? *Example: feeling fatigued: be prepared in advance, low mood: acknowledge my low mood and self-sooth by spending time with loved ones, too busy: create time in my schedule by saying "no" to things that don't support me.*	
Who is my buddy and what can they do to support me? *Example: my wife: she can remind me of the value in my new routine when my motivation is dipping, my brother: we can check-in each day celebrate our triumphs, and talk about our obstacles and how we overcame them, my best friend: they can prompt me to just do it for today.*	
Is there anything else that will support me to implement realistic and long-lasting change?	