

THE NEW YEARS

RESOLUTION REBOOT

WORKBOOK

Today can be your New Years Day. Whether your resolutions are going pretty well or you gave them up on Day 2, there's always room to refresh and restart. This workbook will help you reflect on your progress, reevaluate your goals, and make the next few months your best yet.

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WELCOME TO THE RESOLUTION REBOOT

The new year feels like a great time to start living the life you want. But by the time spring rolls around, most of us have let go of the habits and commitments that excited us so much in January. There's no need to give up on your goals; you made them for a reason, and God knows we all hate the sinking feeling on New Years Eve that not much has changed. This workbook should help you breathe new life into those resolutions so the next few months are your best.

HOW THIS SYSTEM WORKS

This workbook makes use of the LEARN method for rebooting goals: Look, Evaluate, Anticipate, Reboot, and Navigate. This workbook and the corresponding blogposts on Sara Laughed (saralaughed.com) will guide you through that method. All you need is a pen or pencil, some self-insight, and about an hour to work through it. Let's begin!

LOOK: *reflecting on your progress*

*Think about what you've done
since new years day.*

WHAT PROGRESS HAVE YOU MADE IN YOUR
RESOLUTIONS? WHERE ARE YOU STRUGGLING?

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WHAT WORDS DESCRIBE
HOW YOU FEEL ABOUT
YOUR PROGRES?

- ☐ *proud*
- ☐ *guilty*
- ☐ *inspired*
- ☐ *insecure*
- ☐ *peaceful*
- ☐ *frustrated*
- ☐ *satisfied*
- ☐ *motivated*
- ☐ *unfulfilled*
- ☐ *tired*
- ☐ *hopeful*

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

EVALUATE: *what did and didn't work*

REFLECT ON THE LAST FEW MONTHS

WHICH RESOLUTIONS DID YOU
PRIORITIZE MOST? LEAST?

HOW DID YOU WORK ON YOUR
RESOLUTIONS?

WHAT WORKED ABOUT THAT
STRATEGY?

WHAT DIDN'T WORK?

WHAT LESSONS HAVE YOU LEARNED?

ARE THERE ANY FEELINGS OR HABITS
YOU'D LIKE TO LET GO OF
MOVING FORWARD?

ANTICIPATE: *setting intentions for the new season*

LOOK FORWARD TO THE NEXT FEW MONTHS

HOW WOULD YOU LIKE TO FEEL
3 MONTHS FROM NOW?

IF YOU COULD ACHIEVE ANYTHING
IN THE NEXT 3 MONTHS, WHAT
WOULD YOU DO?

HOW ARE YOUR CURRENT GOALS
BRINGING YOU CLOSER TO THAT
ENDPOINT?

ARE THERE ANY HOPES YOU HAVE THAT
YOU HAVEN'T SET A GOAL FOR?
WHICH ONES?

WHAT WOULD HELP YOU SUCCEED IN
YOUR GOALS IN THE NEXT FEW MONTHS?

WRITE SOME ENCOURAGING WORDS
TO YOURSELF.

A top-down view of approximately 20 blue grape hyacinth flowers arranged in a loose circular pattern on a plain white surface. Each flower has a long, thin green stem that curves outwards from the center. The flowers are small, bell-shaped, and clustered together.

Dreams

DON'T WORK

UNLESS

you do.

ANTICIPATE: *setting intentions for the new season*

Use the space below to respond to the following questions, with words, doodles, or cut-and-pasted images from your favorite magazines.

Why do you want to reboot your resolutions?

How will you feel if you accomplish these resolutions?

What inspires you to go after these goals?

REBOOT: *reframe and refocus your resolutions*

SETTING GOALS THAT WORK

Not all goals are created equal. Many goals or resolutions only address our desired endpoint, like “I want to read more” or “I want to learn Spanish.” Resolutions like that — without a timeline or measurable component — almost never work out. Humans need some structure to excell, *even* creative free spirits! That’s why a lot of people use the SMART goal-setting system, making goals that are specific, measurable, action-oriented, realistic, and time-bound. We’ll go into what each of those terms means below.

SPECIFIC

It’s hard to follow up on vague goals. If your resolution isn’t clearly defined, how are you supposed to take the steps to make it happen? Specifying exactly what you want to do or achieve makes it easier to act.

Instead of “I want to learn to dance,” try, “I want to take a weekly salsa class.”

MEASURABLE

Having a system in place for keeping track of your progress is vital to succeeding in your resolutions. If you can’t see how you’re doing, you can’t make a plan for where you’re going.

Instead of “I’ll know when I’m done writing,” try, “I’ll write one chapter per month.”

ACTION-ORIENTED

The best goals contain an action component that clearly states how you’ll get to where you want to go.

Instead of “I’ll read more,” try, “I’ll read every night before bed for 30 minutes.”

REALISTIC

If your goals are too ambitious, you’ll feel demoralized when you fall short. Try to set goals that feel like they’ll stretch you without breaking you. That is: don’t aim too high or too low.

Instead of “I’ll write a novel this February” try, “I’ll write every day for an hour.”

TIME-BOUND

Finally, setting a “due date” on your goals helps kick your butt into gear. New Years Resolutions make this easy, but you can also try to set mini deadlines throughout the year to track your progress.

Instead of “I’ll gain muscle one day” try, “I’ll gain 5 pounds of muscle this year.”

Example

REBOOT: *reframe and refocus your resolutions*

ORIGINAL RESOLUTION:

I want to read more.

WHY I WANT TO ACHIEVE THIS RESOLUTION:

I feel relaxed and happy when I read, and reading keeps me informed.

SPECIFY
WHAT YOU
WANT TO
ACHIEVE

I want to read two books per month this year, or 24 total.

HOW
WILL YOU
MEASURE
PROGRESS?

I can use GoodReads to keep track of my books.

WHAT **ACTIONS**
CAN YOU TAKE
TO ACHIEVE
GOAL?

I can read before bed for a half hour per day, and read on the train during my commute.

CAN YOU
REALISTICALLY
REALIZE
YOUR GOAL?

Yes, 24 books in a year feels manageable to me.

WHAT **TIME**
FRAME WILL
YOU GIVE
YOUR GOAL?

I have one year to read these 24 books.

MY REBOOTED RESOLUTION:

I want to read 24 books in the coming year by reading in the evening and on my commute, and tracking my progress on GoodReads.

REBOOT: *reframe and refocus your resolutions*

ORIGINAL RESOLUTION:

WHY I WANT TO ACHIEVE THIS RESOLUTION:

SPECIFY
WHAT YOU
WANT TO
ACHIEVE

HOW
WILL YOU
MEASURE
PROGRESS?

WHAT **ACTIONS**
CAN YOU TAKE
TO ACHIEVE
GOAL?

CAN YOU
REALISTICALLY
REALIZE
YOUR GOAL?

WHAT **TIME**
FRAME WILL
YOU GIVE
YOUR GOAL?

MY REBOOTED RESOLUTION:

REBOOT: *reframe and refocus your resolutions*

ORIGINAL RESOLUTION:

WHY I WANT TO ACHIEVE THIS RESOLUTION:

SPECIFY
WHAT YOU
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WHAT **ACTIONS**
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WHAT **TIME**
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MY REBOOTED RESOLUTION:

REBOOT: *reframe and refocus your resolutions*

ORIGINAL RESOLUTION:

WHY I WANT TO ACHIEVE THIS RESOLUTION:

SPECIFY
WHAT YOU
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WHAT **ACTIONS**
CAN YOU TAKE
TO ACHIEVE
GOAL?

CAN YOU
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YOUR GOAL?

WHAT **TIME**
FRAME WILL
YOU GIVE
YOUR GOAL?

MY REBOOTED RESOLUTION:

REBOOT: *reframe and refocus your resolutions*

REFLECT ON YOUR REBOOTED RESOLUTIONS

How specific are your resolutions, from 1 (not very) to 5 (very)?

☐ ☐ ☐ ☐ ☐

How measurable are your resolutions, from 1 (not very) to 5 (very)?

☐ ☐ ☐ ☐ ☐

How action-oriented are your resolutions, from 1 (not very) to 5 (very)?

☐ ☐ ☐ ☐ ☐

How realistic are your resolutions, from 1 (not very) to 5 (very)?

☐ ☐ ☐ ☐ ☐

How time-bound are your resolutions, from 1 (not very) to 5 (very)?

☐ ☐ ☐ ☐ ☐

Add up your points. TOTAL = _____

TOTAL =

5-10

Your goals are not setting you up for success. Go back to adjust!

11-15

Your goals could use a better foundation. See where you can improve.

16-20

Your goals are pretty SMART, but there's room for improvement!

21-25

Your resolutions sound SMART and attainable. Great job!

NAVIGATE: *track your new growth*

*Use this page to track your progress
in the next few months.*

RESOLUTIONS

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PROGRESS BAR

Favorite moments and memories during this time:

*“Success consists of
going from failure to
failure without loss of
enthusiasm.”*

- Winston Churchill

Success isn't easy and it doesn't always feel possible. But with the right program in place and the determination to succeed, you can follow through on your resolutions and get closer to living the kind of life you want. If you start to lose focus or fall off the wagon again, print out another copy of this workbook and give it a go. Success doesn't come to those who never fail, but to those who get back up again.