



# 2013 GOALS FOR

## NEW YEAR'S RESOLUTION CHART

Create the life you want today!

MY GOALS	IMMEDIATE ACTIONS	SHORT TERM PLAN	LONG TERM PLAN
1 GET HEALTHY	<ul style="list-style-type: none"> <li>• start back gym</li> <li>• take dog for a walk 5x week</li> <li>• no more alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• lose weight</li> <li>• have more NRGs</li> <li>• feel better</li> <li>• train for marathon</li> </ul>	<ul style="list-style-type: none"> <li>• reward buy new clothes</li> <li>• run marathon</li> </ul>
2 BE MORE CREATIVE	<ul style="list-style-type: none"> <li>• go buy art supplies</li> <li>• decide on 2 new projects</li> </ul>	<ul style="list-style-type: none"> <li>• practice and complete 2 projects</li> </ul>	<ul style="list-style-type: none"> <li>• make wall art for new house.</li> </ul>
3 LEARN ANOTHER LANGUAGE	<ul style="list-style-type: none"> <li>• DECIDE ON LANGUAGE</li> <li>• FIND WHAT/ WHERE TO LEARN</li> </ul>	<ul style="list-style-type: none"> <li>• SPEAK 10 FULL SENTENCES</li> </ul>	<ul style="list-style-type: none"> <li>• GO ON TRIP AND PRACTICE</li> </ul>
4 STAY IN CONTACT W/ FAMILY + FRIENDS	<ul style="list-style-type: none"> <li>• contact 20 ppl from list of friends</li> <li>• ask about holiday</li> <li>• get new place!</li> </ul>	<ul style="list-style-type: none"> <li>• talk to immediate family</li> <li>• atleast once</li> </ul>	<ul style="list-style-type: none"> <li>• visit kids in C...</li> </ul>