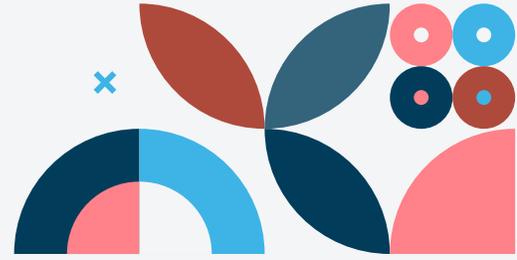


MY NEW YEAR'S RESOLUTION



Vision: _____

What will the accomplishment of your vision look like?

(i.e. Recreational Wellness: I will be a skilled and professional member of my community orchestra/Physical Wellness: I will have finished the Boston Marathon in four and half hours/ Financial Wellness:I will have saved up enough money for a mortgage down payment on my dream house!)

Goals:

1. _____
2. _____

What will you have to do to accomplish your vision?

(Try to make your goals S.M.A.R.T. - specific, measurable, attainable, relevant, & time-based, i.e. I will read two chapters every week/I will spend 60 minutes at the gym every week/I will get up 1 minute earlier each week [baby steps are often best!])

Plans:

1. _____
2. _____
3. _____
4. _____

(Try to make your plans S.M.A.R.T. - specific, measurable, attainable, relevant, & time-based, i.e. I will read for at least 5 minutes during my lunch break/I will put out my gym clothes every night and have them on before 7./ I will download this useful app and use it once in the morning and once at night. [baby steps are often best!])

Bonus! Scan yourself with your iTOVi Scanner at critical junctures to help you find which products you can best use as cues to help you follow through on your plans and create the habits you want!?

Penalty: _____

Be Specific. *(i.e. I will donate a dollar to the charity jar for every day I don't complete Plan #3/I will have no tv time if I didn't fulfill Plan #2 the day before.)*

Reward: _____

Be Specific. *(i.e. I will buy myself 1 new _____ for every week/month/quarter I fulfill my plans./ I will treat myself to a night at the movies if I hit this specific milestone.)*

Freebie Rules: _____

Be Specific. *(i.e. I am allowed to skip piano practice once a week./I am allowed to skip leg day once a month./I can forego the penalty for failing Plan #3 once a month.)*

Accountability: I will report back my success or failure in following through with my plans.

When: _____

How: _____

To Whom: _____

(Choose someone who you trust to reach out and ask for an update if you fail to contact them as scheduled.)