

# Making your New Year resolution work for you

## Questionnaire - Create a Smart Goal (Chapter 4)

As you work your way through the questions on these pages remember to read the appropriate section of the book to help you get the most from your answers.

Define your resolution in your own words first

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Specific - How describe what specifically you want.

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Measurable - How will you know that you have achieved this goal?

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Achievable - Write a statement of your goal that is achievable but challenging.

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Relevant/Realistic - Are there any conflicts that may stand in the way of success. How can you overcome them?

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## Making your New Year resolution work for you

Timed - Give an overall timescale for the completion of your goal.

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State your goal now. Make sure it is stated in the positive and as if now.

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