

HAPPY NEW YOU!

IT'S A BRAND NEW YEAR!



ACTIVITIES

What Will Your Life Be Like in 1 Year?

Print out the form on the next page. On this form, write a detailed description of a typical day in your life a year from now.

- Write it in the present tense, as if it is happening right now.
- Include all your senses in your description – sight, hearing, smell, touch, and taste.

Cut out your description and post it where you can see it each day when you wake up and when you go to bed.

At least twice each day, take a few moments to read it aloud and envision it. Let yourself be filled with your positive feelings as you imagine this joyful day.

My Typical Day...

Forming Positive Habits That Support Your New Life

What are your top 4 desired changes?

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

Choose habits that support these changes.

Since your life is the result of your habits, these habits will propel you into the life you desire.

Habits for Change #1:

Habits for Change #2:

Habits for Change #3:

Habits for Change #4:

Focus Cards

Each month, focus on just one new habit from your priorities list. If a habit takes you longer than a month to get used to it, that's okay. Continue to focus on just that one habit for another month, until the activity becomes automatic.

Once you're used to that habit, then you can add the next habit from your list to focus on for the next month – but continue to maintain the new habit(s) you've already learned.

Print the next page on card stock and cut out your cards. On the back of each card, write the habit that you want to focus on for that month.

Keep your current card in your pocket as a reminder to practice your desired habit.

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

Progress Chart

Print out this chart for each new habit you start to keep track of your progress. Post it where you'll see it daily. Give yourself a checkmark - or even a gold star! - on each day that you practice your new habit.

Once your new activity becomes an automatic habit, reward yourself! You deserve it! Next month, you can switch your focus to another new habit. Before you know it, you'll be living the life you desire!

Habit: _____							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							