

RESOLUTION REALITY *CHECKLIST*



Impact  theory

Here's the hard truth about life that people don't want to embrace: **Identity drives behavior.** If you think it's okay to give up on your New Year's resolutions, you will.

The good news is you can change your identity at any moment. This guide will help you gut-check your New Year's resolution to ensure you crush it this year.

PART I: IDENTITY

To stick with your New Year's resolution, you first need an identity and self-narrative that is primed for success.

Repeat the following:

- I am an eternal student.
- I am willing to work hard to achieve my goals.
- I am careful about what I start, but what I start I finish.

Write three more statements that reinforce the type of person you will be in 2018:

- I am the type of person that _____
- I am the type of person that _____
- I am the type of person that _____

PART II: RESOLVE

Strong resolutions must be two things: wildly exciting and deadly specific.

Write your New Year's resolution:

Does it get you excited? (Be honest.) ☐ Yes ☐ No

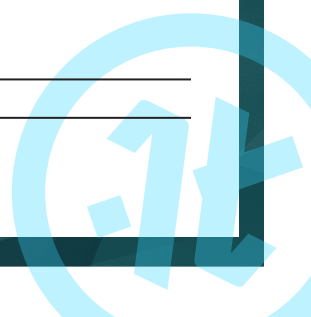
If no, re-write your resolution so that you will jump out of bed early every morning to attack it.

Example: To get so fit that I have six-pack abs like Hugh Jackman!

Nothing is worse than a vague New Year's Resolution. If your goals are not specific, you won't achieve them. Instead of saying, "I want to learn Spanish," a more specific goal is "I want to become conversationally fluent in Spanish so that I can travel to Guatemala!"

Is your New Year's resolution deadly specific? ☐ Yes ☐ No

If no, re-write it here:



PART III: CREDIBILITY

Create micro goals to help you build momentum toward your resolution and earn credibility with yourself. Micro goals are meaningful goals that are easy to hit.

Example: Committing to going to the gym five days a week. Your micro goal is not working out like a beast five days a week, just going. If you get there and don't feel like working out, then leave. But you told yourself you'd go, and you went. The point of the micro-goal is to make you feel good about your progress, so you can build on it brick by brick.

Write your micro-goals:

- Micro Goal #1 _____
- Micro Goal #2 _____
- Micro Goal #3 _____

Only data will tell you whether or not you are on the path to success. Determine the metrics you will follow throughout the year as your guide.

If your resolution is to gain a basic understanding of theoretical physics, how many books on the subject will you read the whole year? Each month?

New Year's Resolution Success Metrics:

End of Year

- #1 _____
- #2 _____
- #3 _____

Each Month

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sept	Oct	Nov	Dec

MY 2018 RESOLUTION REALITY

Now that you have given your New Year's resolution a reality check and built a strong identity to support it, complete the empowering narrative below.

My New Year's Resolution is _____

I am going to crush this resolution because **I am the type of person that** (self-belief) _____

I can't wait to jump out of bed early every morning and start attacking my goals brick by brick and **the first step is going to be** (micro goal) _____

Once I reach (success metric) _____, **I'll know I've completed my New Year's Resolution**, and only then will I begin planning my 2019 resolution.

SHARE YOUR **#RESOLUTIONREALITY** AND MAKE 2018 LEGENDARY!