

7 STEP PROCESS

for Making New Year Resolutions Stick

1



YOUR PURPOSE



Visualise what it is you WANT to achieve. Describe this. How does it feel?



2



SET YOUR GOAL



Be SMART about your goal
Specific
Measurable
Action
Rewarding
Timely



3



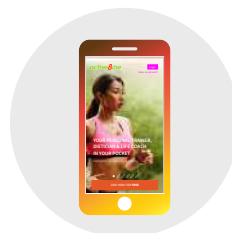
PLAN



What small steps will you take each day/ week/ month to work towards your resolution? What needs to be put in place for this to be as easy as possible?



4



TOOLS



Will you use an app like Active8me? What resources will be useful to save you time, effort or make it hard to quit?



5



AVOID FAILURE



Do you really want to give up something completely? Is the potential sacrifice worth it?



6



SUPPORT



Who will best help you achieve your resolution?



7



TRACKING



What method will you use to track your progress? An app, a diary, photos, a public forum?



Ready to take your first step to success the easy way?

SIGN UP NOW !

