

Gruff's

STICK TO IT!

month
New Year's Resolutions Sheet

My overarching goal is to : _____

By the end of: _____
(month)

I will have... (specific actions you can take)

(tick when done)

I promise _____ I will do these things.
(someone you don't want to let down)

Signed _____

Remember your goals should be

* **Specific & Measurable** (not vague) and

* **Achievable & Realistic** (don't set yourself up to fail)

To see worked examples of how to make your goals better visit:

www.french-test.com/blog