**My New Year’s Resolution Cheat Sheet**

**My New Year’s resolution**

Example: In 2022, I will work to reduce my stress and anxiety.

**Why?**

Example: It’s been a difficult two years.

**My SMART plan**

**Make it specific.**

Example: I’m going to start journaling every week because it can help reduce my stress and anxiety.

**Make it measurable.**

Example: I will journal two times per week, every week for a year. When I sit down to journal, I will fill at least one page. I will track my progress on a calendar to make sure I don’t miss a day.

**Make it attainable.**

Example: I will make time to journal when I first wake up in the morning since that is when I have the free time to write and when I feel the least tired.

**Make it relevant.**

Example: I will journal just for me. It will help me to better understand my feelings and keep track of what is causing my stress and anxiety.

**Make it time-bound.**

Example: I will journal for an entire year to make sure I get as much benefit from this as I possibly can. Every 3 months I will evaluate my progress.