How to Make Your Resolutions Stick

A Checklist for Success

- [ ] What is your plan?
- [ ] When do you want to achieve it?
- [ ] Is your resolution specific enough?
- [ ] Is it worded correctly?
- [ ] What problems does your resolution solve, or what situations does it improve?
- [ ] How important is it to you?
- [ ] What is your "why"?
- [ ] What will you have to change to achieve it?
- [ ] How are you going to achieve it?
- [ ] Have you broken your resolution into smaller, actionable steps?

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- [ ] Have you written your plan?
- [ ] Do you have a system in place to work on it regularly?
- [ ] How much time and energy do you need to get started?
- [ ] Have you removed the friction?
- [ ] What habits need to change or be built to support this resolution?
- [ ] Is your environment set up to support your resolution?
- [ ] What changes do you need to make daily so you can work on your plan?
- [ ] Are you visualizing your goal or dream?
- [ ] Should you follow a mentor or anyone to help visualize it and stay inspired?
- [ ] What will you do if you reach an obstacle or setback?
- [ ] How will you track your progress?

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- [ ] Are you celebrating the small wins along the way?
- [ ] Do you have people who support you or have the same goal?
- [ ] Have you removed any negative people who do not support the goal?
- [ ] What do you need to learn, what skill do you need to develop, or what do you need to improve to make your resolution stick?
- [ ] How do you learn or develop the skills necessary?
- [ ] Are you adapting your life to achieve your resolution?
- [ ] Are you prioritizing this resolution in your schedule?
- [ ] Do you have accountability in place?

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What reward system do you have in place? ☐ ✓

What will you do if you lose motivation? ☐ ✓

How to Use This Checklist

Use this checklist as a regular self-check throughout your journey. At any point, pause and answer each question honestly. The goal isn't perfection, it's awareness. These questions help you spot potential pitfalls early, realign your focus, and make small adjustments before small issues become big obstacles. Revisit the checklist whenever you feel stuck, unmotivated, or unsure of your progress to keep your resolutions moving forward with intention and clarity.What will you do if you lose motivation?