

New Year, New You Worksheet

<p>What are the improvements you wish to make in your current work environment or career?</p>	<p>I'm Going to Start:</p> <p>I'm Going to Stop:</p> <p>I'm Going to Continue:</p>
<p>What are the improvements you wish to make in your financial situation?</p>	<p>I'm Going to Start:</p> <p>I'm Going to Stop:</p> <p>I'm Going to Continue:</p>
<p>What are the improvements you wish to make for your health and energy?</p>	<p>I'm Going to Start:</p> <p>I'm Going to Stop:</p> <p>I'm Going to Continue:</p>

<p>What are the improvements you wish to make in your personal character?</p>	<p>I'm Going to Start:</p> <p>I'm Going to Stop:</p> <p>I'm Going to Continue:</p>
<p>What are the improvements you wish to make in your communication skills?</p>	<p>I'm Going to Start:</p> <p>I'm Going to Stop:</p> <p>I'm Going to Continue:</p>
<p>What are the improvements you wish to make in your time management and priority-setting?</p>	<p>I'm Going to Start:</p> <p>I'm Going to Stop:</p> <p>I'm Going to Continue:</p>

<p>What are the improvements you wish to make in the quality of your personal relationships?</p>	<p>I'm Going to Start:</p> <p>I'm Going to Stop:</p> <p>I'm Going to Continue:</p>
<p>What are the improvements you wish to make in how you handle stress and cope with life?</p>	<p>I'm Going to Start:</p> <p>I'm Going to Stop:</p> <p>I'm Going to Continue:</p>
<p>What are the improvements you want to make in your commitment to your ongoing development?</p>	<p>I'm Going to Start:</p> <p>I'm Going to Stop:</p> <p>I'm Going to Continue:</p>