

WORKSHEET

RESOLUTIONS

Making Resolutions Worksheet

- staying
- on
- target

Fill out the worksheet to help you develop a personal plan to make your resolution happen. Post this worksheet as a reminder to commit to change.

my resolution is...

Some short term goals that will help me achieve my long term goal are...

1. _____

2. _____

3. _____

my long term goal is...

Some challenges I may face along the way include...

1. _____

2. _____

3. _____

To overcome these challenges, I will...

1. _____

2. _____

3. _____

I know that I will need support...

WHO will help me	HOW they will help me	HOW I will thank them

I can visualize how my life will be better by reaching my goals.

Some ways that my life will be better are:

1.

2.

3.

I may need some extra information and skills to help me succeed so I will look for the following...

1.

2.

3.

Check out these websites for more information to help you reach your goals.

Losing Weight the Healthy Way

Heart and Stroke Foundation of Canada
1-888-473-4636

www.heartandstroke.ca

Click on "Healthy Living" for resources and the interactive program, "Healthy Weight Healthy You"

Dietitians of Canada

www.dietitians.ca

Click on "Eat Well, Live Well", then go to "One day @ a time"

Nutrition Labelling Education Centre

www.healthyeatingisinstore.ca

Web MD

www.webmd.com

Search site for "weight loss"

Managing Stress

Canadian Mental Health Association
416-484-7750

www.cmha.ca

Search site for "stress"

Stress Tips

www.umich.edu/~fasap/stresstips/contents.html

Quitting Smoking

Smokers' Help Line - Canadian Cancer Society
1-888-513-5333

www.cancer.ca

QuitNet.com, Inc.

www.quitnet.com