

# WHAT'S YOUR NEW YEAR ACTION WORD ?

What do you hope to accomplish this year? Though the tradition of making New Year's resolutions is an important one, focusing on one simple action word or phrase could be a more effective and realistic way to keep you focused and on track as the year unfolds.

So what is your action word for the New Year? Feel free to explore how you'd like to implement this action, areas you'd like to focus it on, and what results you are hoping to (or have) achieve(d) throughout the year.

**my action word for 20\_\_\_\_ :** \_\_\_\_\_

AREAS I WANT TO FOCUS ON: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WAYS I CAN TAKE ACTION: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

RESULTS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

