



New Year's Resolution Worksheet

This worksheet is designed to help you determine which empowering word or words will help you stick to your 2009 New Year's resolutions with greater success than ever before.

Write down three New Year's resolutions:

1)

2)

3)

Pick one resolution from the above list that you most want to stick to in 2009. Write it here:

Next write down at least 3 practical things you could do to accomplish your resolution. (For example, if you wrote down: "Get to the gym more often," a practical strategy might be to actually schedule your gym time in advance like you would schedule any another appointment.)

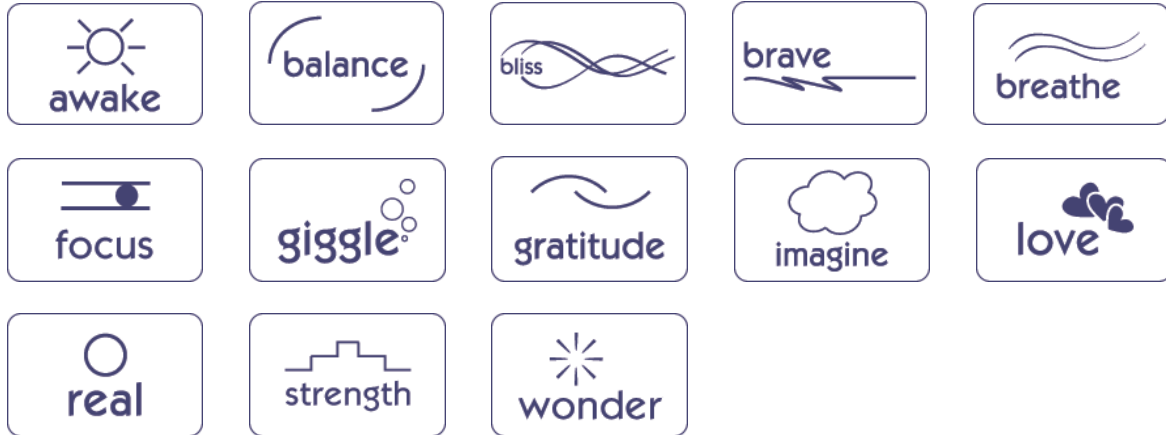
1)

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3)

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Now, from the list of words below, choose a word that represents each of your practical strategies. Write that word next to the strategy. (Example: you may put balance, focus or strength next to "schedule gym time".) **It is important to choose words that make sense and are meaningful to you.**



You are ready to use your words. Yes, it sounds simple. But we all know how hard it can be to change our behavior, even for the good. Empoword's products can help.

- Choose an Empoword product you will use or see often. (www.thinkempoword.com/shop.html)
- Every time you see the word on your - mug, water bottle, tee shirt, window cling - think about the strategy you can use to accomplish your resolution.
- You may act right then and there. Or you may just think about it. Either way, you will be nourishing your mind, body and spirit with some powerfully positive self-talk – empowered thinking.
- Empoword's deliberate color choices and carefully designed word-symbol pairings enhance the effectiveness of this exercise.
- Try it. See what happens.