

Resolutions: DUMB is the new SMART

Dream Driven

Who do you want to be by the end of next year (or by the end of your life)?

How do you want people to talk about you? How do you want to make them feel?

Uplifting

How do you want to feel when you achieve your dream or goal?

Method Based

This is where you get to create a system. What is the next right step towards reaching your uplifting, dream-based goal? Trust what comes to mind.

Behavior Driven

How can you cue yourself to complete the behavior? How can you make it automatic?

Dream:

Uplifting Qualities:

Method 1: _____

- Cue: _____
- Behavior: _____

Method 2: _____

- Cue: _____
- Behavior: _____

Method 3: _____

- Cue: _____
- Behavior: _____