**7 Ways To Write New Years Resolutions And Stick To Them**

The coming of a new year is the perfect time to take stock of your life, and decide whether it’s going where you want it to go. Chances are, you have room for improvement. (*We all do*) But how do you make it happen?

You know that if you keep doing the same stuff you’ve always done, you’re only going to get the same results you’ve always gotten. Yet change is hard! [Waking up with motivation](http://addicted2success.com/motivation/15-ways-to-wake-up-with-motivation/), trying to force yourself to get up extra early and exercise… to leave off the desserts… to quit your job and become an English teacher in Taipei… or whatever it is you want to do with your life, is easier said than done.

Chances are, you tried that last year. If it worked, great! You know exactly what to do. If it didn’t, then that’s probably why you’re reading this. Never fear. There is hope. ***There is a 7-step formula to writing your New Years resolutions*** that won’t just make you stick to them, it will make sticking to them easy and convenient!

You’ll find yourself coming up with ways to stick to your resolutions almost without thinking about it. In fact, this formula has been used for over 40 years by people who — as long as they followed every step — found themselves getting everything they ever wanted.

**How To Plan An Awesomely Successful 2017**

**1. Write your new year resolutions down**

Write each ***new year resolution*** down, on paper.

Not sure how to write an effective resolution? Here’s what you do.

Start by making a list of everything you need, like money to pay the rent. Then, make a list of everything you want: the abs, the car, the charisma, the not having to worry about money and being able to spend your afternoons reading a book.

Now, compose your resolutions, asking yourself these 9 following questions for each one.

**1.** Do I really want this? Or is this just to “sound good,” or because I think it’s easy to achieve?

**2.**  Does this contradict any other resolution? If so, adjust one.

**3.**  Would this conflict with others — like others around me? If so, work out the differences.

**4.** Is it positive, instead of negative? Your resolutions are about what you want, not what you want to get rid of.

**5.** Is it detailed? If you want something, include all the detail you can, even the model number!

**6.** Can this be achieved by a human being? Leaping tall buildings in a single bound — maybe not. Owning a helicopter, though…

**7.** Is it high enough? If you really want something, you’ll find a way to achieve it. But if you set the bar low, you’ll only limit yourself.

**8.** Am I including the personal changes I need to make? Chances are, you’ll need self-confidence and determination, among other personal qualities, if you’re going to achieve your goals.

**9.** Have I written each resolution as if it’s already accomplished? Don’t say “I want,” “I wish,” or “I need.” Say “I have,” “I am,” or “I own.”

**Based on these steps, write 3 goals you want to set for yourself for this New Year. These goals can be academic based, athletic based, or personal based. Each goal needs to be explained in its own paragraph and should include why this goal is important and some steps you are going to take to make this happen. With each goal, review the 9 steps to ensure it’s solid and genuine. This should be done in your LA notebook and is due 1/5/16 at the beginning of class.**