

A woman with blonde hair and glasses is sitting on a bed, looking down at a laptop. A dog is lying on the bed next to her. The background shows a white crib and a patterned blanket. The text is overlaid on the image.

2023 RESOLUTION WORKBOOK

Your guide to developing meaningful
and functional goals aligned with
personal values and interests

FEATURING
SMART GOALS



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Hope is a combination of setting goals, having the tenacity and perseverance to pursue them, and believing in our own abilities.

BRENE BROWN, THE GIFTS OF THE IMPERFECTION

WHAT'S IMPORTANT?

RANK THE TOP 10 MOST IMPORTANT THINGS IN YOUR LIFE AND ESTIMATE HOW MUCH TIME YOU SPEND ON THEM WEEKLY.

IMPORTANT THING IN YOUR LIFE



01

02

03

04

05

06

07

08

09

10

REFLECTION NOTES

ACTION BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE
OF

START
DOING

Goals to make a behavioral change, are like trying to carve a new path into the earth with a wheelbarrow that has been going the same exact route for so long that it sits comfortably in a smoothed-out path with deep ruts for the wheels that make it effortless to maneuver. The path itself may go through dangerous or unpleasant territory, but it is familiar and easy.

When we start a new habit, it's like taking a new route over rocks, roots, and terrain that is unfamiliar and harder to navigate. It is effortful and uncertain. But if we keep at it, we can create a new path, a safer and more effective path that may even have a better view. Some days, this hard work may be so exhausting that it exceeds the effort you have inside you, and you find yourself slipping back to that easier route, into the same old ruts. This is ok- it is a temporary and forgivable detour. Give yourself the same compassion that you would give to a friend who has stumbled.

DR. MONICA JACKMAN

SETTING YOUR SMART GOALS

S

SPECIFIC

What exactly will you accomplish? What actions will you take?

Be specific about what you want to accomplish. This is not a detailed list of how you are going to accomplish the goal, but the six "w's." Who, what, when, where, which, and why.

M

MEASURABLE

How will you know when you have reached your goal?

Make the goal more tangible by developing metrics to measure your progress and determine if the goal is met. Consider setting milestones along your journey, but don't be afraid to adjust as needed.

A

ACHIEVABLE

Is achieving this goal realistic with effort and commitment? Do you have the necessary skills and resources?

This focuses on how important a goal is to you and what you can do to make it attainable. The goal is meant to inspire and motivate, not discourage.

R

RELEVANT

How does the goal align with broader goals? Why is this goal significant in your life?

The relevance focuses on the "why" of the goal, the intention behind the commitment, and how it inspires you. You want to structure your intention so it has no definite end, but can guide your actions.

T

TIME-BOUND

What is the time frame for accomplishing the goal?

Anyone can set goals, but if it lacks realistic timing, chances are you're not going to succeed. As you develop the metrics, think about the milestones that can assist in keeping you on track, whether that is weekly, monthly, or bi-monthly. Providing time constraints also creates a sense of urgency.

SMART GOALS

Intentional projects are purpose driven. They leverage the strengths of intentions, goals, and plans while avoiding individual barriers. When setting goals, make sure it follows the SMART structure with attainable metrics and milestones. Use the questions below to create your goals.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	



It is so easy to overestimate the importance of one defining moment and underestimate the value of making small improvements on a daily basis. Too often, we convince ourselves that massive success requires massive action.

JAMES CLEAR, ATOMIC HABITS

ACTION BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

THIS GOAL IS IMPORTANT BECAUSE:

BENEFITS OF ACHIEVING THIS GOAL:

POTENTIAL OBSTACLES:

POTENTIAL SOLUTIONS:

WHO ARE THE PEOPLE YOU WILL ASK FOR HELP?

ACTIONABLE STEPS

CREATE A LIST OF SMALL ACTIONABLE STEPS TO SUPPORT YOUR OVERALL GOAL. DON'T FORGET TO START SMALL!

What:	Expected Completion:	Status:
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		



When we set goals, then give context, meaning, and purpose to them, we inspire others to join us, to help us no matter the cost, to sacrifice of themselves for our shared vision.

SIMON SINEK

YES / NO CHECKLIST

AS YOU READ EACH QUESTION, SIMPLY TICK "YES" IF YOU AGREE OR "NO" IF YOU DISAGREE WITH THE STATEMENT.

01	ARE YOU ADDING A RESOLUTION TO YOUR ALREADY BUSY LIFE AS AN EXTRA THING TO DO?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	IS YOUR RESOLUTION PERSONALLY MEANINGFUL AND IN LINE WITH YOUR INTRINSIC MOTIVATION FOR CHANGE?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	HAVE YOU BROKEN YOUR RESOLUTION UP INTO SMALLER MEASURABLE AND ATTAINABLE STEPS OR MILESTONES?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	HAVE YOU DEFINED THE PROCESS WITH ACTIONABLE STEPS TO SUPPORT YOUR GOAL?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	HAVE YOU WORKED THROUGH PROTENTIONAL BARRIERS IN YOUR SMART GOALS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	DO YOU HAVE A COMMUNITY OR SPACE SET TO SUPPORT YOU ALONG YOUR JOURNEY?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	DO YOU VIEW YOUR RESOLUTION AS SOMETHING THAT WILL BECOME A PART OF A HEALTHY HABIT AND A PART OF YOUR LIFE?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	ARE YOU EXCITED ABOUT EMBARKING ON YOUR RESOLUTION JOURNEY?	YES <input type="checkbox"/>	NO <input type="checkbox"/>



FEDS IN MOTION

2023 CHALLENGE



REGISTRATION NOW OPEN

Join FEEA for the 2023 **FEDS IN MOTION** Challenge from May 1 - June 6.

It's all about moving in your favorite way - walk, run, bike, swim, or roll your wheelchair on your favorite route - to reach **37 miles** or more in **37 days**.

Register at [FEEA.org](https://www.feea.org)

