

New Year, New You Writing Activity

New Year Resolutions are like promises that people make at the start of a new year. The purpose of them is to reflect on the past year: thinking about both the mistakes and the good decisions you made, and to think about how you might make improvements in the new year coming.

To make a good resolution, you need to follow the ABC rule.

A

Make sure your resolution is **Achievable**. You need to think of a resolution that can actually be achieved and is realistic. Otherwise you will become disheartened if you fail to achieve it.

B

Make sure your resolution is going to **Benefit** you somehow. It needs to be a resolution that will improve things for you. This might not be life-changing but may be a small thing that might improve your situation that day.

C

Make sure your resolution means that a **Change** of some kind will occur. For improvements to be made, there needs to be a change in what you do.

Think of a resolution you could make based on the ABC rule.

Write the resolution in the box at the top.

Write the resolution here:

Rewrite your resolution to make sure it is definitely achievable.

Rewrite your resolution to make sure there is a definite change possible.

Is it achievable?

No

Yes.

Explain how.

Will there be a change?

No



Yes. Explain the change:

A large empty rectangular box for writing the explanation of the change.



Now write in detail about how you will achieve your resolution, the benefit to you and what change / changes you will need to make.

Four horizontal lines for writing the detailed explanation of the resolution.

