

RESOLUTION Reboot

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Step 1 Rewrite your new year's resolutions exactly as you wrote them in January. Evaluate what is still a priority and write your new goals.

Step 2 What have you achieved so far? What were the circumstances surrounding your success?

Step 3 Evaluate what didn't work. Why not?

Step 4 What's holding you back? What stopped you from working towards your goals so far?

Step 5 Based on your above answers, devise an action plan. What daily and weekly actions can you take to move you closer to goal achievement? Be specific.