

# THE I RESOLVE TO™ . . . PROMISE

*I Resolve To . . . Make Every Day New Year's Day - Make Every Day Count!*  
*I Resolve To . . . Achieve My New Year Resolutions, One Resolution,  
One Day At A Time For One year.™*

## THE FIVE I RESOLVE TO . . . DO'S

*I Resolve To . . . Dare To Dream about the wonderful possibilities.*

*I Resolve To . . . Decide to start with a **Dream**, turn my **Dream** into a specific one-sentence **Resolution**, and make them a reality with **Daily Goals**. *I will make a Lifetime Resolution that is with me for good.**

*I Resolve To . . . Define my **Resolution**, concisely, in one sentence.*

*I Resolve To . . . Develop A Plan that will enable me to create written, measurable daily, weekly and monthly action plans and timelines in a **Daily Resolution Diary**, and take one specific, realistic daily step toward achieving my **Resolution**.*

*I Resolve To . . . Do It Daily! I will work hard to achieve **One Resolution, One Day At A Time**, for the next **365 Days**; and I will do daily or weekly check-ins to measure progress, brainstorm new ideas, make course corrections, and reward myself for hard-won victories.*

## THE FIVE I RESOLVE TO . . . DON'TS

*I Promise not to procrastinate.*

*I will be disciplined, committed, energetic, and diligent.*

*I Promise not to give into fear of success, or fear of failure.*

*I will be confident, optimistic, realistic, and strong.*

*I Promise not to get overwhelmed or discouraged.*

*I will be focused, organized, patient, and positive.*

*I Promise not to grow bored, weary, or burned out.*

*I will be passionate, inspired, enthusiastic, and determined.*

*I Promise not to give up!*

*I will have hope, and faith in myself, my knowledge and abilities.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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This Document Intended Strictly For Individual Use In Achieving New Year Resolutions, Dreams & Goals.  
*Be A Resolutionista! Make Resolutions, Keep Resolutions And Enjoy The Journey!*