



Personal Resolutions

Workbook

by Aaliyah Nurideen

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is a licensed clinical social worker, community mental health therapist, advocate, writer, speaker and creator of Connection Cards™. Through her professional experience -- working directly with children, adolescents and adults diagnosed with mental illness -- she finds impactful purpose in providing: interventions, strategies and techniques that support healing individuals to become the best versions of themselves.



Real Talk:

How many times have you set goals that you have not achieved? No shade, I've done it also. *Too many times to count.* Although the saying "New year, new me" is cliché, I do find it a necessary process to exercise self-reflection and assess what areas in your life you want to adjust and improve. However, it can be very upsetting to set the same goals and expectations, time after time and not fulfill them -- which leads you to feeling defeated, disappointed and second-guessing your capabilities.

Something has to change.

I've realized this: it might not be the goals that you need to change, but the plan to accomplish them. **A goal is only as good as the plan you create.** Developing a comprehensive plan -- that not only details specific measurable actions but also identifies the barriers -- will allow you to be successful.

Using this guide:

This guide is created to help you: identify measurable and non-measurable goals, set intentions for yourself, create a comprehensive plan to achieve your goals and develop strategies to manage setbacks as they arise.

In the following pages, you will find:

- 1 intention setting exercise
- 3 pages of personal resolutions - detailed plan
- 3 pages of setbacks solution plans

Intention Setting

This year I will:

Begin: _____

Learn: _____

Continue: _____

Help: _____

Try: _____

Join: _____

Teach: _____

Create: _____

Practice: _____

Enjoy: _____

Inspire: _____

Remember: _____

Let go of: _____

"A goal without a
plan is just a wish."

-Antoine de Saint-Exupery

Personal Resolutions

Plan

Goal <i>(i.e. save more money)</i>	Activities to engage in <i>(i.e. put away 40% of each paycheck)</i>	Frequency <i>(i.e. every 2 weeks)</i>	Target Date <i>(i.e. June 16th 2021)</i>

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"A setback is
nothing but a setup
for a comeback!"

-Willie Jolley

Plan for Setbacks

Setbacks that might prevent you from achieving goals
(i.e. events, thoughts, feelings, behaviors)

Comeback plan to manage the setbacks
(i.e. what can you say or do to challenge these setbacks)

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I hope this workbook offers you insight and support as you move forward in achieving your goals!

Be sure to share this workbook and tag me on social media if you found it helpful.

Be well!



*Aaliyah Nurideen,
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