

# Whole Brain® Resolutions Walk Around



## Use your analytical self to define and set realistic goals.

- Analyze how well you did against your goals for this year.
- Set goals for next year:
  - ✓ Financial
  - ✓ Career
  - ✓ Family
- Develop resolutions based on goals with metrics

## Use your creative self to bring some “zing” into your world.



- Dream up some adventures you want to experience in the new year.
- Block “fun time” or “free time” on your calendar throughout the year—but leave it unspecific so that it’s open for spontaneous ideas.
- Think up creative and fun ways to tackle your resolutions.

## Use your planning self to get ready for the year ahead.

- Check off all of your accomplishments for this year.
- Plan for next year – timeline and monthly milestones for resolutions:
  - ✓ Create a spreadsheet that lists all of your milestones for next year.
  - ✓ Post milestones on your calendar.



## Use your social self to create more joy in your life.

- Sit down with friends and family to discuss how you can spend more time together in the coming year.
- Seek out a “resolution buddy” to support each other.
- Kick off the year by having a party with those you love.
- Reflect on how you can take care of you in the coming year.

