

New Year's Resolutions Worksheet

1. What areas of your life cause you the most stress?
2. Why do they stress you out?
3. Circle the negative emotions and attitudes you've struggled with lately: worry, fear, stress, grief, sadness, despair, fear of failure, fear of what people think, anger, annoyance, frustration, self-condemnation, self-pity, insecurity, perfectionism, discontentment, envy, pride, judgment, a critical spirit, anxiety, people pleasing. Which three have you been struggling with the most?
4. What habits and sins have you been struggling with lately?
5. Can you think of any good habits you'd like to develop?
6. Think of your family, friends, and others. What habits and negative emotions get in the way of loving them well?
7. Think of your relationship with God. Which of your habits and negative emotions most interfere with your relationship with Him? Are there any habits you could develop that would improve that relationship?

8. Look back over your answers to the first seven questions. If you could set three goals for the year and be guaranteed you could reach them (which is of course impossible), which goals would you choose?

9. Why would you choose those goals?

10. Which three goals do you think God would choose, and why would He choose them?

11. Look over your answers to the preceding questions and list two or three possible New Year's resolutions you could work on this year with God's help.

Exploring Your Options

Read over your answers to the above questions and narrow your possible projects/goals down to one or two options. For each project, answer the following questions:

1. On a scale of 1 to 10, how hard do you think it would be to tackle this project?

2. How would your life change if you were to reach this goal?

3. How would accomplishing this goal affect your relationship with God? Explain.

4. How would accomplishing this goal affect your relationship with others?

5. How would accomplishing this goal affect your testimony and/or ministry?

6. Have you decided on a goal yet? If so, what is it? State it as clearly as possible.

Note: This worksheet is from *The Renewing of the Mind Project*, by Barb Raveling