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**What Will You Accomplish in 2017?**

**Answer the following questions honestly to the extent that you can.**

**They are just for you, so you have nothing to lose by being honest with yourself.**

**Think carefully, and on a separate piece of paper or in a notebook, respond to each question below:**

1. **What did you want to accomplish in 2016 that you didn’t?**
2. **Do you know WHY you didn’t accomplish that goal or goals? If so, be honest and write that down. If you don't, spend some time really thinking about it and BE HONEST WITH YOURSELF.**
3. **Can you commit to getting it accomplished in 2017?**
4. **If not, why not? What is holding you back? What change are you resisting?**
5. **If *so*, how will you make this year different?**

**Perhaps you accomplished your goals for 2016. What will be your NEW goals for 2017?**

**List them now. (Include 3-5 goals that you want to see through in the next year.)**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Consider: Can you accomplish these goals by yourself or will you need assistance? If you need help, who can help you and when are you going to ask for that help?**

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