

Before You Make a Resolution

A Gentle Self-Assessment

This worksheet is designed to help you pause, reflect, and reconnect with who you are and who you want to become—before deciding what to change.

1. Looking Back: Who I Was This Past Year

(No judgment. Just information.)

- What habits, patterns, or routines served me well?
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- What did I try to change that repeatedly didn't stick?
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- When things went off track, what was usually happening in my life at the time?
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Gardening reflection: What thrived? What struggled? What may not have fit this season?

2. Understanding Why: A Simple MAP Check-In

(Borrowed from behavior science — used here for reflection, not self-criticism.)

Motivation — Why did I want this change?

- Was this goal connected to who I want to be, or who I felt I should be?
- Did this goal energize me—or mostly guilt me?
- If no one else knew about this goal, would I still want it?

Notes:

Ability — Was this realistic in my real life?

- Given my time, energy, stress, and responsibilities, was this doable?
- What made this harder than I expected?
- What would a smaller, more compassionate version of this change look like?

Notes:

Prompt — *What actually reminded me?*

- What was supposed to cue or remind me to act?
- Did that reminder truly exist—or was I relying on memory alone?
- What patterns already reliably happen in my day?

Notes:

3. Dreaming Forward: Who I Want to Become

(Before deciding what to do, reflect on who you want to be.)

- If limitations were fewer, who would I want to be moving toward this year?
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- What qualities do I want to grow (not just behaviors to stop)?
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- What would a “better version of me” feel like in everyday life?
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4. A Different Starting Line

This year, I don't need more willpower.

I need more clarity, better design, and a kinder place to begin.

Before making any resolution, take a moment to notice what matters most—and let that guide what comes next.

— *The Garden Shrink*