

12 CHALLENGES OF CHRISTMAS NEW YEAR'S RESOLUTIONS



Are you ready for a fearless 2021?

Use our worksheet to help you plan your New Year's learning resolutions.



Begin by listing up to 3 things you would like to improve on in 2021.

These could be specific things you would like to be able to do, like mastering your times tables. Or they could be a skill or attitude that you would like to develop, like being more resilient when you get something wrong.

Things I would like to improve on in 2021:

Example) I would like to improve my writing.

1)

.....

2)

.....

3)

.....



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Now, we need to turn your improvements into New Year's Resolutions.

1. Think of real things you can do to work towards each improvement.

For example, I could perform a '1 minute check' **everytime** I finish a piece of writing.

2. Make sure your resolutions are realistic and achievable.

It's not realistic that I'll write a best-selling novel in 2021, but I *could* enter a writing competition, or ask for feedback from others. These are all steps towards achieving my dream!

3. Think about how you will celebrate **giving your resolutions a go**.

For example, I could give myself a high five everytime I complete my '1 minute check'.

My New Year's Learning Resolutions:

1)

.....

2)

.....

3)

.....



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