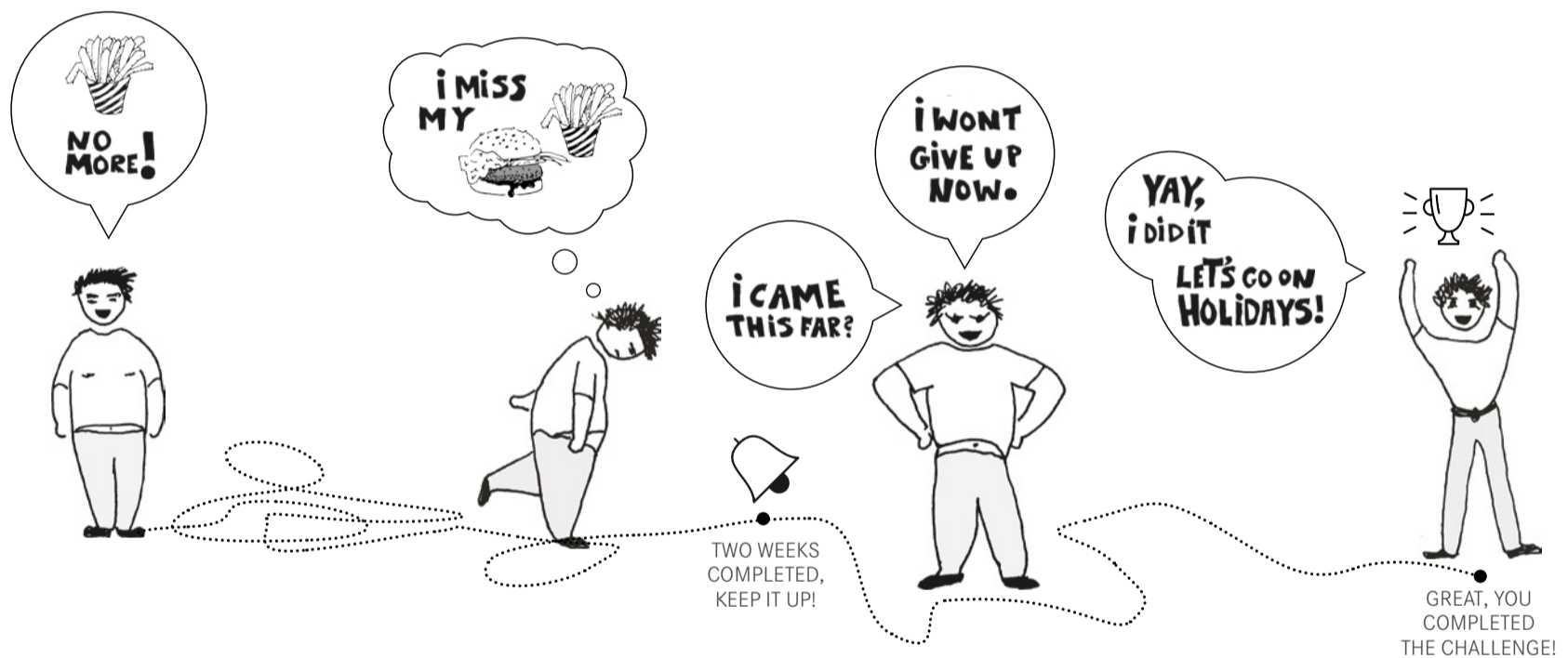


2016

NEW YEAR RESOLUTION CHALLENGE

At this point we usually offer one another the best wishes for the coming year. This year we decided to take this tradition one step further and actively contribute to your 2016 success.

The 'new year resolution challenge' is a new tool, designed to put your resolutions to action in three simple steps:



» To get started print the challenge form, fill in your resolution, and start tracking your progress and success. »

mind the gap

wishes you all the best for 2016!

2016 New year resolution challenge

Step 01 Define a resolution

Step 02 Create rewards to keep you motivated

Pick a goal that is personally relevant.

Choose a reward for when you have achieved your goal.

Describe how you want to achieve your goal.

First intermediate milestone

Intermediate Reward

Specify how you measure your success.

Second intermediate milestone

Intermediate Reward

From to
Set a realistic time frame to achieve your goal.

Third intermediate milestone

Intermediate Reward

Step 03 Track progress everyday for first 3 weeks

It takes approximately 3 weeks to establish a new habit. Capture how you feel about your resolution by placing dots above or below the time line. Draw a curve by connecting the dots, and learn how your individual change process works.

Positive

Day: 1 · 2 · 3 · 4 · 5 · 6 · 7 | 8 · 9 · 10 · 11 · 12 · 13 · 14 | 15 · 16 · 17 · 18 · 19 · 20 · 21
Neutral

Negative

Capture learnings

Write down insights, or strategies which help you to keep going in difficult moments.

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