



# Breaking the Cycle

## 1. Why My Past Resolutions Faded:

Check any that resonate:

- Too big
- Too many at once
- No accountability
- Not emotionally aligned
- Lost motivation
- All-or-nothing mindset

What felt hardest for you?

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## 2. Choose One Long-Term Resolution:

My main resolution for 2026:

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Why this truly matters to me:

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## 3. Micro-Steps for Sustainability: List 3 micro-actions that support your resolution.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Kristy-Ann DL Psychotherapy

#### 4. Accountability Supports

Who or what will help you stay consistent?

- A person:

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- An app or tool:

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- A routine cue:

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#### 5. Reset Plan

What will you do on the days it feels difficult?

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