

New Year's Challenge Date

Time: 30 min

Cost: \$

Location: At Home

Level: Easy

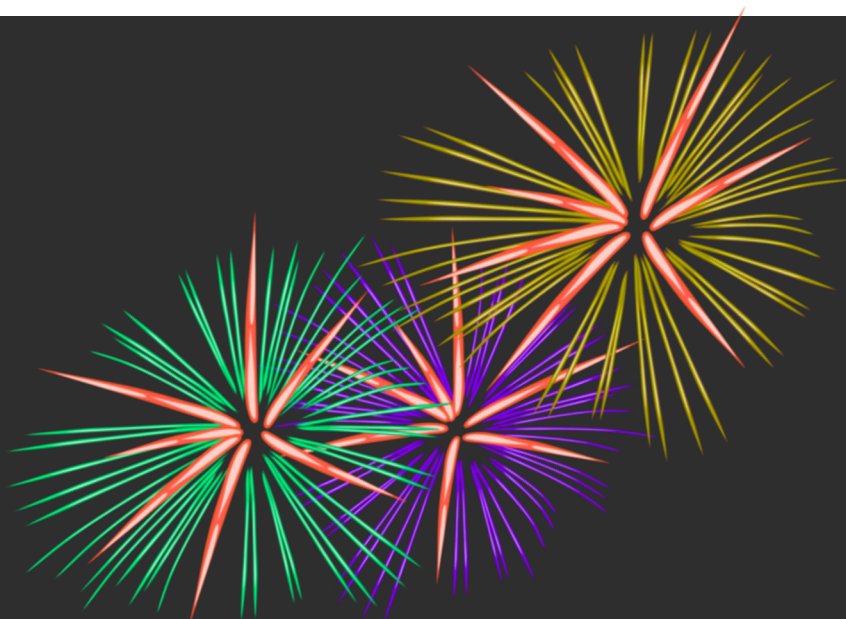
Materials Needed:

Printable Brainstorming

Printable Calendar

Printable Goal Sheet

First Step Materials



Instructions:

Take the New Year's challenge! Use the printable brainstorming sheet to come up with a fun challenge you can complete together throughout the year. Then, hold yourselves accountable with the printable calendar and goal sheet. Put it on your fridge or somewhere in plain sight so that you can remember to stay focused. You are one step closer to a better life and better relationship.

FOR LINKS TO THE PRINTABLES AND MORE IDEAS VISIT
makeadateofit.com/blog/new-years-challenge-date

I CHALLENGE YOU

To Make this Year the Best One Yet

New Year's Challenge Date

WHEN:

WHERE:



New Year's Challenge

Time to Brainstorm

THIS YEAR LET'S

- (a) get in shape
 - (b) learn a new skill
 - (c) dive into art and culture
 - (d) spend more time together
 - (e) enjoy life more
 - (f) other ideas _____
-

(A) WAYS TO GET IN SHAPE

- (a) go to the gym once a week
 - (b) complete a workout plan
 - (c) yoga every morning
 - (d) walk the dog every evening
 - (e) go to the park on weekends
 - (f) other ideas _____
-

(B) HOW TO LEARN A NEW SKILL

- (a) cook every recipe in a cookbook
 - (b) go dancing on weekends
 - (c) take an improv comedy class
 - (d) learn graphic design free online
 - (e) paint something once per week
 - (f) other ideas _____
-

(C) WAYS TO EXPLORE CULTURE

- (a) read 15 books this year
 - (b) watch all of AFI's top 100 movies
 - (c) to to every museum in your city
 - (d) take an art history class
 - (e) go to the theatre once per month
 - (f) other ideas _____
-

(D) WAYS TO SPEND MORE TIME TOGETHER

- (a) have a weekly date night
 - (b) eat dinner together every night
 - (c) enjoy a weekend getaway 3 times yearly
 - (d) do chores and errands together
 - (e) get into bed 20 minutes early each night
 - (f) other ideas _____
-

(E) WAYS TO ENJOY LIFE MORE

- (a) spend 5 minutes meditating daily
 - (b) get into nature once per week
 - (c) have a montly board game night
 - (d) do something social monthly
 - (e) take up a sport together
 - (f) other ideas _____
-

(F) YOUR IDEAS

- (a) _____
 - (b) _____
 - (c) _____
 - (d) _____
 - (e) _____
 - (f) other ideas _____
-

CHALLENGE ACCEPTED

This year we're going to _____

STRATEGY

FIRST STEP

SHORT TERM GOALS

FINAL REWARD

SHORT TERM REWARDS

CHALLENGE CALENDAR

JANUARY GOALS

FEBRUARY GOALS

MARCH GOALS

APRIL GOALS

MAY GOALS

JUNE GOALS

JULY GOALS

AUGUST GOALS

SEPTEMBER GOALS

OCTOBER GOALS

NOVEMBER GOALS

DECEMBER GOALS

Let's Do This