

Healthy New Year's Resolutions Workbook

Set achievable resolutions to improve your mental, emotional, or physical health with our collection of six worksheets.

- **Prompts for Reflection**
- **Setting SMART Goals**
- **Identifying Emotions**
- **Practicing Gratitude**
- **Two Self-Care Worksheets**

Healthy New Year's Resolutions Workbook

Making healthy New Year's resolutions is an empowering step toward creating lasting positive changes in your life. This collection of worksheets is designed to help you reflect, set meaningful goals, identify emotions, practice gratitude, and prioritize self-care. By working through these worksheets, you'll be better equipped to develop habits that support both your physical and emotional well-being, ensuring your resolutions are achievable and sustainable.

Here is a brief introduction to each worksheet included in this package:

Reflections: Past Year and Year Ahead

The start of the new year is a perfect time to consider last year's successes and challenges, as well as your larger goals for the upcoming year. Use this worksheet to journal freely, or follow a variety of prompts to get your thoughts going, especially about factors that supported a past success (like guidance, reward, and accountability).

Setting SMART Goals

This structured goal-setting method helps you turn ideas into clear, actionable objectives, making it easier to achieve your healthy New Year's resolutions. By breaking down larger tasks into manageable steps, SMART Goals reduce overwhelm, boost motivation, enhance focus, and provide a sense of accomplishment as you progress.

Identifying Emotions

By better understanding your emotions with this worksheet, you can identify patterns that may impact your goals, enabling you to set resolutions that align with your emotional well-being. Regularly tracking your feelings and reflecting on your emotional experiences can guide you toward healthier habits and resolutions.

Practicing Gratitude

Regularly practicing gratitude can shift your focus to the good in your life, build resilience, and strengthen your relationships. This worksheet is designed to help you actively recognize and appreciate the positive aspects of your daily experiences, supporting your efforts to make lasting, healthy New Year's resolutions.

Self-Care Inventory

This worksheet helps you assess how well you're taking care of your physical, emotional, and mental needs. By identifying areas for improvement, you can create New Year's resolutions that prioritize your well-being and lead to lasting, healthy habits.

DBT PLEASE Skill

The PLEASE skill from Dialectical Behavior Therapy (DBT) is a helpful tool for maintaining your mental and physical well-being. This worksheet will guide you in applying the PLEASE skill to manage intense emotions, making it easier to stick to your healthy New Year's resolutions.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Reflections: Past Year and Year Ahead

Use this space to reflect on your hopes for the coming year. Reflect freely on whatever is most important to you, or consider reflecting on one or more of the following topics:

- One year from now, what successes would you like to be reflecting on? What successes would improve your quality of life?

- Think about what truly matters to you. Is there any disconnect between your values (e.g., health) and your actions (e.g., not exercising)?

- Identify things you want to do "more of" and "less of." Decide what you want to bring into your life and what you want to reduce (e.g., more reading, less screen time).

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Setting SMART Goals

SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. **SMART Goals help you break down larger tasks in to manageable steps, making them less overwhelming.** This structured approach can also enhance motivation, improve focus, and provide a sense of accomplishment.

S

Specific

What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

Example: I will go for a 10-minute walk in my neighborhood every morning.

M

Measurable

How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.

Example: I will track my daily walks in a journal and aim to complete at least 4 walks per week.

A

Achievable

Is your goal realistic? What steps can you take to make your goal achievable? Break down your goal into smaller, manageable tasks.

Example: I will start with a 10-minute walk and gradually increase the duration by 5 minutes each week, aiming for a 30-minute walk by the end of the month.

R

Relevant

Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

Example: I will focus on walking because physical activity has been shown to improve mood and reduce symptoms of depression.

T

Time-Bound

What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.

Example: I will achieve my goal of walking 30 minutes every day by the end of the next 4 weeks.

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Identifying Your Emotions

This worksheet is designed to help you identify and express your emotions more effectively. **By recognizing and labeling your feelings, you can gain a better understanding of your emotional state and develop healthier ways to cope with and express your emotions.** Use this worksheet regularly to track your feelings and reflect on your emotional experiences.

PART 1: Identify Your Emotions

Circle the emotions that you are experiencing right now or that you have experienced recently.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Angry	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Gloomy
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Lazy
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic

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Identifying Your Emotions

PART 2: Track Your Emotions

Use the table to track your emotions throughout the week.

WK 1	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WK 2	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WK 3	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

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Identifying Your Emotions

PART 3: Reflet on Your Emotions

Answer the following questions to reflect on your emotional experiences.

Which emotions do you experience most often and why?

How do your emotions affect your behavior and interactions with others?

What can you do to better manage your emotions in the future?

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Practicing Gratitude

Gratitude is more than just a positive emotion; it is a powerful tool that can transform your mental health and overall outlook on life. When practiced consistently, gratitude can help you focus on the good in your life, build resilience, and improve your relationships. This worksheet is designed to guide you through the process of recognizing and appreciating the positive aspects of your daily experiences.

PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M	<i>Ex: The taste of fresh coffee this morning.</i>	<i>The kind text my friend sent me.</i>	<i>The relaxing bath I took to unwind.</i>
T	<i>A productive meeting where I felt heard.</i>	<i>My blanket keeping me warm while I read.</i>	<i>A surprise call from Mom to check on me.</i>
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

Ex: Kind messages and calls reminded me that I have a support system and people who genuinely care about me. Sometimes I get caught up in my own struggles, so being reminded of these connections really lifted my mood and made me feel valued.

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Practicing Gratitude

PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 2	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 3	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 4	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

PART 2: Monthly Summary

At the end of each month, summarize your gratitude practice.

What patterns do you notice in the things you are grateful for?

How has your perspective changed since you started practicing gratitude?

What challenges did you face in practicing gratitude, and how did you overcome them?

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Self-Care Inventory

Self-care is any activity that supports your well-being and helps restore balance to your mind and body. For example, practicing daily gratitude, laughing with a loved one, and taking daily walks can boost your mood and improve overall well-being. Self-care routines aren't one-size-fits-all; it often takes trying different strategies to understand what works best for you.

This worksheet is designed to help you explore a variety of specific self-care activities that can improve your well-being. You'll rank each activity on a scale from 1-3 to see how well you're currently engaging in these practices. After ranking, "star" any activities you'd like to try more often. The goal of this worksheet is to help you recognize different types of self-care available to you, identify what you are doing well, and pinpoint areas where you can improve to feel better overall.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ Physical Self-Care: Improving your physical health.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Engaging in regular physical activity such as walking, running, yoga, or strength training.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensuring you get enough restful sleep each night to rejuvenate your body.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending regular check-ups and following medical advice from healthcare professionals.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking time to relax and unwind, through activities like taking a bath and getting a massage.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Limiting or avoiding the use of alcohol, tobacco, and other substances.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paying attention to your body's needs, such as stretching when tense or resting when tired.

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Self-Care Inventory

1 2 3


Emotional Self-Care: Processing & expressing your emotions.

Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.

Spending time with friends and family to build support and reduce feelings of isolation.

Practicing mindfulness to stay present and manage negative thoughts.

Writing down thoughts and feelings to process emotions and gain insights.

Keeping a gratitude journal or reflecting on things you are thankful for.

Using positive affirmations to counter negative self-talk and build self-esteem.

Using music to relax, uplift your mood, or express your emotions.

Expressing your emotions through art, music, writing, or other creative outlets.

Set achievable goals and celebrate your progress, no matter how small.

Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3


Social Self-Care: Fostering & maintaining healthy relationships.

Spending time with people you like and make you feel good about yourself.

Asking for help from friends or family when you're feeling down or overwhelmed.

Learning to say no and establishing boundaries to protect your emotional well-being.

Participating in support groups to gain insight and emotional support from others.

Participating in clubs or organizations that align with your interests to meet new people.

Giving your time to help others in your community to foster connection and purpose.

Going to social gatherings, parties, or community events to build your social network.

Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.

Actively listening when talking with others, which helps strengthen your relationships.

Scheduling intentional alone time with your romantic partner.

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Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

Stepping away from work to recharge, through daily short breaks and using vacation time.

Talking to a supervisor or HR about mental health challenges (if it feels safe).

Exploring available support options, such as employee assistance programs (EAP).

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

Ensuring your work environment is comfortable and conducive to productivity.

Establishing achievable work goals and celebrating small accomplishments.

Being kind to yourself during work and avoiding excessive self-criticism.

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

Practicing meditation to connect with your inner self and find peace and clarity.

Engaging in prayer or other forms of communication with a higher power.

Spending time in nature to experience connection to the world around you.

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

Participating in spiritual or religious community activities.

Engaging in artistic activities, such as painting, music, or writing.

Performing acts of kindness and service to others, fostering a sense of purpose.

Acting in accordance with your morals to create a sense of integrity in your life.

Spending time with the people who give your life meaning.

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PLEASE Skill

DBT: Emotion Regulation Skills

The PLEASE skill in dialectal behavior therapy (DBT) is a simple acronym that helps you remember the basics of mental and physical well-being. This worksheet will guide you through applying the PLEASE skill to manage intense emotions that get in the way of feeling good.



PL

Treat Physical Illness

Make sure to look after your overall physical health by having regular check-ups, staying active, and following any medical advice. Taking care of your body helps keep your mind stable and healthy.



E

Balanced Eating

Try to eat regular, healthy meals. Good nutrition can help keep your mood steady and give you the energy you need, making you less likely to feel upset or stressed.



A

Avoid Mood-Altering Substances

Stay away from substances like alcohol and drugs that can affect your mood and thinking. Avoiding these helps you think clearly and manage your emotions better, which is important for your mental health.



S

Balanced Sleep

Getting enough sleep is very important for handling your emotions well. Try to keep a regular sleep schedule. Good sleep helps your mind work properly and keeps your emotions steady, reducing the chances of feeling moody or upset.



E

Exercise Daily

Exercise can lift your mood, reduce stress, and improve your overall emotional well-being. It also helps your body produce endorphins, which make you feel happier.

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PLEASE Skill

DBT: Emotion Regulation Skills

PHYSICAL ILLNESS: Take care of your physical health.

Track your progress daily for a week to see if you are attending to your physical health on a regular basis or if there is room for improvement.

	M	T	W	T	F	S	S
Scheduled and attended doctors appointments							
Took medications							
Took a shower and washed face							
Brushed my teeth							
Moved my body							
Ate nutritious food							
Went outside							
Drank enough water							
Limited time on social media							
Cleaned the house							
Spoke to another person							

What challenges did you face when taking care of your physical health and how can you overcome them?

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PLEASE Skill

DBT: Emotion Regulation Skills

BALANCED EATING: What we eat contributes to our mental health.

Keep track of the foods you consume for several days and how you feel after you eat them. The more specific you can be about how you feel after eating, the better!

Food Consumed	How I Felt After Eating it
1.
2.
3.
4.
5.
6.
7.
8.
9.

Which foods made you feel the best and what foods do you want to avoid going forward?

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.....
.....

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PLEASE Skill

DBT: Emotion Regulation Skills

AVOID MOOD ALTERING SUBSTANCES:

Evaluate your use of substances that may affect your mood.

Substances such as alcohol, non-prescription medications, drugs, and caffeine can affect your ability to regulate your emotions. One of the keys to emotional stability is to take medication as prescribed and avoid substances used for self-medicating.

What mood altering substances do you use?

What are your personal reasons for avoiding mood altering substances?

What steps can you take to reduce or eliminate these substances?

What challenges might you face and how can you overcome them?

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PLEASE Skill

DBT: Emotion Regulation Skills

EXERCISE DAILY: Exercise is a great way to balance your mood.

Though it can be challenging to incorporate exercise into your daily routine, completing it can make you feel better physically and mentally. Even 20-30 minutes of brisk walking can be beneficial.

DATE & TIME	TYPE OF EXERCISE	DURATION	INTENSITY

Which workouts did you enjoy the most and want to do more often?

What challenges did you face and how can you overcome them?

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://choosingtherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.