NAME _____

Twenty-four things *for 2027.*

Cross one off when it's done and write the date. Five in a row is a bingo; the whole card is a very good year.

01 Run a 5K DONE _____	02 Read 12 books DONE _____	03 Watch a sunrise DONE _____	04 Send 12 birthday cards DONE _____	05 Journal for 30 days in a row DONE _____
06 Host a dinner DONE _____	07 Do 50 workouts DONE _____	08 A week without social media DONE _____	09 Visit a town you've never been to DONE _____	10 Save $1,000 for emergencies DONE _____
11 Learn 100 words in a new language DONE _____	12 Declutter one room DONE _____	*Free space* YOU MADE A CARD	13 Take a class in something new DONE _____	14 Sleep 8 hours a night for a week DONE _____
15 Write a letter by hand DONE _____	16 Walk every day for 30 days DONE _____	17 Cook 12 new recipes DONE _____	18 Do one thing that scares you DONE _____	19 See a live show DONE _____
20 Pay off a credit card DONE _____	21 Plant something DONE _____	22 Stretch 10 minutes a day for 30 days DONE _____	23 Swim outdoors DONE _____	24 Volunteer for a day DONE _____

For each bingo, I'll treat myself to _____

NAME _____

Your card, *your year.*

Mix it: a few things you'll do once, a few you'll keep doing, one that scares you a little. Small enough that most squares get crossed off.

01 DONE _____	02 DONE _____	03 DONE _____	04 DONE _____	05 DONE _____
06 DONE _____	07 DONE _____	08 DONE _____	09 DONE _____	10 DONE _____
11 DONE _____	12 DONE _____	*Free space* YOU MADE A CARD	13 DONE _____	14 DONE _____
15 DONE _____	16 DONE _____	17 DONE _____	18 DONE _____	19 DONE _____
20 DONE _____	21 DONE _____	22 DONE _____	23 DONE _____	24 DONE _____

For each bingo, I'll treat myself to _____

Ideas for every square: plannedo.com/blog/new-years-resolution-ideas

NAME _____

Three that matter, *each with a first step.*

Pick the one to three that would change the year most. Word each as something to start, give it a weekly rhythm, and put the first step in January.

1 *In 2027 I'll start* _____

BECAUSE _____

BY _____ MEASURED BY _____

EVERY WEEK _____ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S ◯

FIRST STEP _____ ON _____

IF _____ THEN I'LL _____

MONTHLY CHECK-IN J ◯ F ◯ M ◯ A ◯ M ◯ J ◯ J ◯ A ◯ S ◯ O ◯ N ◯ D ◯

2 *In 2027 I'll start* _____

BECAUSE _____

BY _____ MEASURED BY _____

EVERY WEEK _____ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S ◯

FIRST STEP _____ ON _____

IF _____ THEN I'LL _____

MONTHLY CHECK-IN J ◯ F ◯ M ◯ A ◯ M ◯ J ◯ J ◯ A ◯ S ◯ O ◯ N ◯ D ◯

3 *In 2027 I'll start* _____

BECAUSE _____

BY _____ MEASURED BY _____

EVERY WEEK _____ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S ◯

FIRST STEP _____ ON _____

IF _____ THEN I'LL _____

MONTHLY CHECK-IN J ◯ F ◯ M ◯ A ◯ M ◯ J ◯ J ◯ A ◯ S ◯ O ◯ N ◯ D ◯