



## ZEN-it Resolution Tracker

A Resolution Tracker helps you trace your efforts towards a goal and inform future actions. Use this tracker to record your efforts, achievements and thoughts towards daily expectations.

### My blueprint for lasting change

Resolution: \_\_\_\_\_

Intention: \_\_\_\_\_

Date	Micro-goal	Did I follow through?	Effort ( 1 - 5)	Notes

### Weekly Reflection

This week I felt...

A small win was...

Next week I want to...