



LAURA ERDMAN-LUNTZ

# New Year's Resolution Tracker

*What do you want your life to be like one year from today?*

with Laura Erdman-Luntz  
Life Coach, Yoga Educator, Author





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Photo by Amy Zellmer

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*Thank you for joining me!*

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Email: [LauraErdmanLuntz@gmail.com](mailto:LauraErdmanLuntz@gmail.com)

**Life Coaching Inspirations:**

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Life Coaching with Laura Erdman-Luntz

[LauraErdmanLuntz.com](http://LauraErdmanLuntz.com)



*"Everything you want should be yours: the type of work you want; the relationships you need; the social, mental, and aesthetic stimulation that will make you happy and fulfilled; the money you require for the lifestyle that is appropriate to you; and any requirement that you may (or may not) have for achievement or service to others.*

*If you don't aim for it all, you'll never get it all.*

*To aim for it requires that you know what you want."*

*~ Richard Koch from The 80/20 Principle*

## **My Inspirational Year**

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## *Introduction: New Year's Resolution Journal*

Congratulations on taking this powerful step toward New Year's Resolutions that truly transform your life. You are ready to make some lasting changes in your life, to create resolutions that really make a difference.

Use this journal every year to review the changes you have made in your life and track the changes you still want to make each year. This journal has space for 5 years of resolutions.

You will begin with an overview of what you really want for your life. What do you want to be able to say about your life, as you lie on your deathbed, that will lead you to say, "THAT was a life well-lived" with a smile on your face?

Then, based on the overall dream for your life, what would you like to do for the next year?

Each year you can pull out the journal, reflect on your previous year and contemplate again on what you really, really, really want for your life. You will set new intentions for your next year, moving ever closer to exactly what you envision for your life.

*Need support?*

**Join me each year on Facebook to inspire YOUR New Year's Resolutions:**

<http://www.facebook.com/groups/muselaura>



## *Instructions*

My desire for you is nothing less than living YOUR Extraordinary Life, that life that is deeply fulfilling, full of purpose, and vibrantly joyful for you. These steps will help you begin to think bigger, to reach higher, to live the life you are truly meant to live.

That said, are you ready to take those steps?

### *Your Annual Assignment:*

1. Check your calendar right before the new year. Find an entire evening or afternoon you can truly call your own with no interruptions. (You'll want a couple of hours to complete the entire ritual.) I sometimes take myself out to lunch and then to a coffee shop or library to get out of the house.
2. Begin by doing something to help yourself Feel Good. Is it a bath? Solo lunch? Going for a walk? Meditating? Reading something inspirational? Something that connects you deeply to your Higher Self.
3. Then sit down with your New Year's Resolution Journal and a favorite pen. Begin working through the exercises in the order they are given.

## *Two Types of Goals for Success*

When you are ready to make changes in your life, you need to know where you want to go. Goal setting is essential for moving forward in your life. Without goals, we tend to keep going on exactly as we have been, creating the same life we have always created.

In order to move forward, we need two types of goals to: Results-Oriented and Action-Oriented. Both are essential to our success. Often we set one or the other.



## RESULTS-ORIENTED GOALS:

Results-Oriented Goals refer to the end result, what you want to create. Examples might be: lose 10 pounds, run a marathon, make \$10,000 a month, buy a particular car, get married. These goals are essential to ultimate success because you use them to direct where you are headed.

## ACTION-ORIENTED GOALS:

Action-Oriented Goals are the specific actions you are going to take in order to achieve the results you want to achieve. Examples might be: exercise five times a week, eat three vegetables a day, seek one new business opportunity a month, attend one social event a week, etc.

A few more thoughts:

1. As I mentioned in the introduction, we often set one type of goal or the other. If you find you have set a Results-Oriented Goal without Action-Oriented, you will never reach that Results-Oriented Goal because you have to do something in order for things to change. If you have set Action-Oriented Goals, you can lose momentum when your inspiration has waned. When you keep in mind the WHY around what you are doing, your result, you can keep the excitement up.
2. Be sure you set short-term and long-term goals for your Results-Oriented Goals. Short-term goals are especially essential if the change you want to make is going to take a long time to create. Short-term goals ensure being able to experience success along the way.
3. Make sure all goals you set, whether Results- or Action-Oriented are concrete, meaning you know when you have reached or completed them. Examples of concrete goals are exercise three times each week, lose ten pounds, get married. You have either done it or you haven't. Vague goals, such as be happier, weigh less, be successful, are too loosely defined. You will never be able to say definitively that you have achieved that goal. Most likely, you will never feel you have reached them.

*To your success!*



YEAR ONE: 20\_\_

## *Step One: Reflect on Your Year*

What went well this year? What did you accomplish? What challenges did you overcome? Is there anything you wanted to do but didn't? When you reflect on what you didn't do, let go of judgment and reflect objectively. Why did you not do it? What is holding you back? Do you need an intermediary goal that might be more achievable? Do you need a Life Coach? Seriously consider this question as an objective outside observer.



## *Step Two: What I Really, Really, Really, Really Want for My Life*

Let your thoughts just flow. Think in terms of looking back at your life at the end.

What would lead you to say your life had been well-lived? Think in terms of quality as well as quantity.

Once you have completed this step, if this is your second year completing this process, now go back and reread the last few years' thoughts and resolutions. What do you learn from them? Have you been moving forward? Have you set the same goals year after year? Take some time to reflect on what you read. If you find you have not achieved your goals, reflect *without judgment*. You are not responding with, "Argh! Another year has gone by and I haven't done..." Think of yourself as an objective researcher. Instead, let your response be, "Very interesting. I have set the same goals 4 years in a row and haven't attained them. Hmm...is there a different goal I need to make? (Do I need to hire a Life Coach? :-) )"



## *Step Three: What I Want to Say About My Life in One Year*

*Write the date it will be: \_\_\_\_\_*

Based on what you discovered from Step One and your thoughts from Step Two, what do you want to see in your life 1 year from today? What are you ready to commit to creating for yourself? Write first in a general sense, the way you want to feel, how you want your life to look. Think more quality of life. We'll get to quantifiable details soon enough.

Extra Credit: Think about what you want in 10 years / 5 years also. Project out and let yourself dream.



## *Step Four: Goals & Actions*

Now, based on Step Three, write out your very specific, quantifiable Goal-Oriented Goals (I explain what these are at the beginning of this e-book) that you want to complete in the next year. Quantifiable goals refer to goals you can check off your list: Lost 10 pounds, Found a mate, Make 10% more. Goals that aren't quantifiable are: be happier, be more successful. Then, what Action-Oriented Goals do you need to make to get to your Goal-Oriented Goals? What do you need to do to be where you want to be in one year?

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## *Step Five: Schedule My Actions*

When will you do what you are committing to doing? Put thought into this step, it is the MOST crucial to overall success. Do you need to create time daily? Weekly? Monthly? Is there a progression to what you want to create so that you need to do something more each month? Begin small, adding just a bit into your life. Add more incrementally as the year goes on. You are more likely be successful if you go slowly and not expect your life to change overnight. Let yourself build.

Actually write everything into your calendar for the next year (or use my other journal, *My Inspirational Year*). Are there steps you need to start later in the year? Or do you need to step up what you are doing and build to something bigger? Let it reflect in your calendar.



## *Step Six: NOW GO!*

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*When people work with me, their lives change.*

*Are you ready?*

*Here's your next step...*

**Join me for my 6-week, e-course:**

*Life Coaching Quick-Start Program*

[LauraErdmanLuntz.com/QuickStart](http://LauraErdmanLuntz.com/QuickStart)

*And I will see YOU next year!*

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Year Two: 20\_\_

## *Step One: Reflect on Your Year*

Reflect on the past year. How did it go? Read what you intended to do over the past year. Did you do it? If yes, take a moment to truly congratulate yourself and honor the work you did.

If you didn't, let go of judgment and reflect objectively. Why did you not do it? What is holding you back? Do you need an intermediary goal that might be more achievable? Do you need a Life Coach? Seriously consider this question as an objective outside observer.



## *Step Two: What I Really, Really, Really, Really Want for My Life*

Let your thoughts just flow. Think in terms of looking back at your life at the end. What would lead you to say your life had been well-lived? Think in terms of quality as well as quantity.

Once you have completed this step, now go back and reread the last few years' thoughts and resolutions. What do you learn from them? Have you been moving forward? Have you set the same goals year after year? Take some time to reflect on what you read. If you find you have not achieved your goals, reflect *without judgment*. You are not responding with, "Argh! Another year has gone by and I haven't done..." Think of yourself as an objective researcher. Instead, let your response be, "Very interesting. I have set the same goals 4 years in a row and haven't attained them. Hmmm...is there a different goal I need to make? (Do I need to hire a Life Coach? :-) )"



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Life Coaching with Laura Erdman-Luntz

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Life Coaching with Laura Erdman-Luntz

LauraErdmanLuntz.com



*Now What?*  
**Are you inspired?**

Are you ready to take your life to that next  
powerful level?  
Are you ready to live up to your full potential?

For almost 30 years I have coached hundreds of people to live more  
purposeful, joyful, and fulfilling lives.

Are you next?

*Here's your next step...*

## **Life Coaching Quick Start**

This 6-week e-course takes you through the first few steps of  
coaching with me. It is a GREAT way to begin!  
Completely self-paced, do it for your own inspiration!

**More info:**

<https://lauraerdmanluntz.com/product/quickcoach/>



## About Author Laura Erdman-Luntz, MA, E-RYT(500)



Experienced Yoga Educator, inspiring Life Coach, author and Business Entrepreneur, Laura Erdman-Luntz, has over 25 years experience in the fitness and wellness industries. She uniquely blends her Life Coaching knowledge and vast experience with Yoga to create programs, classes and workshops that truly do bring mind and body together for positive change, inspiring people to live their most authentic life. She incorporates New Thought ideas into classes and programs on positive living, manifesting and changing subconscious beliefs. Laura has published three books, including: *Awaken to Joy*, *My Inspirational Year*, and *Yoga Essentials: Muselan's Guide to the Yoga Poses*, co-authored by Jill Barber.

### *More Praise for Coaching with Laura:*



**Karen Peterson:** "You have shown me that I can live the life I want – one based on my values and dreams – without fear. I feel more confident in everything I do. Everyday is a joy because I am finally living my purpose. Without your guidance and insights, I would never have gotten this far, this fast. Thank you from the bottom of my heart."

**Dr. Susan Quigley:** "I have so much gratitude for finding Laura and having the opportunity to work with such an inspiring Muse! I highly recommend her workbook, calendar, yoga classes, and retreats! You will find a freedom you did not know was possible in your life!"

