



The Resolution-Readiness Quiz

The New Year is here. You've made your resolutions. It's time to test your readiness to keep them with this quick quiz.

First, review your resolutions. (Write them down if you haven't done so already.)

Now, consider these three questions for each resolution. Place a checkmark next to each statement that applies.

1. Is this the right resolution at the right time?

- Achieving this resolution is important to living the life that I want to live.
- I know that I've played a role in creating my current situation and am committed to making this change.
- I have enough space in my life to devote the time and effort that this resolution will need.

2. Have I taken care of the basics?

- My resolution is stated clearly. It is specific, measureable, challenging yet achievable, and time bound.
- I know what I need to do to achieve my resolution and have put together a step-by-step plan to achieve it.
- I have found an accountability partner with whom I'll share regular progress updates.

If you checked *all* the items in both sections 1 and 2, congratulations! You are well positioned to achieve your resolution.

If you weren't able to check them all, take a close-up look at those left unchecked. These items could get in your way as you reach to achieve your resolution. What actions will you take to address them?

3. Does my resolution require a new perspective?

- This resolution is a perennial favorite of mine. It keeps showing up on my list of goals year after year.
- I know exactly what I need to do to achieve this resolution but find myself procrastinating, making excuses, getting distracted, and/or getting caught up in the complexity of the situation.
- The people closest to me are getting tired of hearing the same reasons and excuses about why I haven't been able to achieve this resolution.

If you checked *any* of the items in section 3, you've likely hit some sort of ceiling, a way of seeing the world that's getting in the way of your progress. You could use an AHA!—a sudden flash of clarity about the reality of the situation.

You can prime yourself for an AHA! It's fairly easy once you get the hang of it. Be alert and notice how you see the world. Be curious about what you discover and reflect on what you find. Then, relax while you wait for an insight. An AHA! can help you achieve even the most elusive resolutions.



Quiz creator Donna Hartney, Ph.D., is a performance consultant who works with global leaders and professionals at Fortune 500 companies to help them develop and implement effective strategies that bring out the best in people. Her new book, *The AHA! Handbook: How to spark the insights that will transform your life and career*, is the first research-based self-help book that teaches readers how to spark pivotal realizations. Learn more at www.DonnaHartney.com.

