

NEW YEAR'S RESOLUTIONS PHASES

RESOLUTIONS	I won't I know I should I can't	I want to but I wish I could I am unable to Why can't I just	How can I It would be great if When I start , If only I	I can't wait to I am committed to I am so ready to
1-				
2-				
3-				
4-				
5-				
6-				
7-				
8-				
9-				
10-				
11-				
12-				
13-				

Readiness  
Awareness of needing help  
MOOD

I don't need help HATE the thought	I need help FEEL discouraged	I want to find help WISH it was easier	I have the help I need EXCITED to start