



New Year Resolutions Tracker for 2026

A Guilt-Free Guide to Gentle Progress

Hey there, readers—welcome to your personalized, no-pressure resolutions tracker from Guilt Free Mind. This isn't about perfection or strict deadlines; it's a kind space to nurture your goals with self-compassion. Print this out (or use it digitally), fill it in at your own pace, and remember: slip-ups are just part of the journey. Celebrate small wins, reflect without judgment, and adjust as needed. You've got this—one step at a time.

Instructions:

- List up to 3-5 resolutions to keep it manageable (e.g., based on your quiz style from the article).
- Use the weekly/monthly sections for quick check-ins—rate your progress on a scale of 1-5 (1=just starting, 5=flowing easily).
- Add notes for what felt good or what to tweak, tying into mental health (e.g., "This reduced my stress—yay!").
- At the end of each month, reflect gently: What sparked joy? What needs more kindness

Your 2026 Resolutions Overview

Resolution 1: _____ (e.g., Walk 30 min 3x/week for mindful focus)

Why it matters to me: _____ (Your personal "why" for motivation)

SMART Breakdown:

Specific: _____ Measurable: _____ Achievable: _____ Relevant: _____ Time-bound: _____



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Resolution 2:

Why it matters to me: _____

SMART Breakdown:

Specific: _____ Measurable: _____ Achievable: _____ Relevant: _____ Time-bound: _____

Resolution 3:

Why it matters to me: _____

SMART Breakdown:

Specific: _____ Measurable: _____ Achievable: _____ Relevant: _____ Time-bound: _____

Resolution 4:

Why it matters to me: _____

SMART Breakdown:

Specific: _____ Measurable: _____ Achievable: _____ Relevant: _____ Time-bound: _____



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Resolution 5:

Why it matters to me: _____

SMART Breakdown:

Specific: _____ Measurable: _____ Achievable: _____ Relevant: _____ Time-bound: _____



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Weekly Check-Ins

(Repeat for each week; photocopy or add pages as needed)

Week of: _____ (e.g., Jan 1-7)

Resolution 1 Progress: ___/5

Wins: _____

Challenges & Tweaks: _____

Resolution 2 Progress: ___/5

Wins: _____

Challenges & Tweaks: _____

Resolution 3 Progress: ___/5

Wins: _____

Challenges & Tweaks: _____

Resolution 4 Progress: ___/5

Wins: _____

Challenges & Tweaks: _____

Resolution 5 Progress: ___/5

Wins: _____

Challenges & Tweaks: _____

Overall Mood This Week: _____ (e.g., Energized, Overwhelmed—be honest!)

One Kind Act for Myself: _____ (e.g., Extra rest day)

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Month: January 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
—guilt-free!)

Gratitude Note: _____ (Something positive from your efforts)

Extra Notes:

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Month: February 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
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Gratitude Note: _____ (Something positive from your efforts)

Extra Notes:

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Month: March 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
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Gratitude Note: _____ (Something positive from your efforts)

Extra Notes:

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Month: April 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
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Gratitude Note: _____ (Something positive from your efforts)

Extra Notes:

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Month: May 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
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Gratitude Note: _____ (Something positive from your efforts)

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Month: June 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
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Gratitude Note: _____ (Something positive from your efforts)

Extra Notes:

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Month: July 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
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Gratitude Note: _____ (Something positive from your efforts)

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Month: August 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
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Gratitude Note: _____ (Something positive from your efforts)

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Month: September 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
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Gratitude Note: _____ (Something positive from your efforts)

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Month: October 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
—guilt-free!)

Gratitude Note: _____ (Something positive from your efforts)

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Month: November 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
—guilt-free!)

Gratitude Note: _____ (Something positive from your efforts)

Extra Notes:

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Month: December 2026

Overall Progress Rating: ___/5 | Highlights: _____

What Worked Well: _____ (e.g., Temptation bundling made it fun)

What to Adjust: _____ (e.g., Scale back if stress builds
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Gratitude Note: _____ (Something positive from your efforts)

Extra Notes:



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End-of-Year Wrap-Up (December 2026)

Top Achievements:

Lessons Learned:

How I Grew:

2027 Ideas:

Remember, this tracker is your ally in a guilt-free journey. If it starts feeling heavy, pause and revisit—progress is about kindness to yourself. For more support, check Guilt Free Mind's categories like emotional recovery and resilience. Share your wins with me via comments or YouTube—what's one resolution you're excited about?