

Name: _____

Date: _____

NEW YEAR, NEW GOALS

Think about what you achieved last year and what you want to accomplish this year. Follow the steps below to reflect and set a meaningful goal.

Part 1: Reflect on Last Year

Write about one accomplishment from last year that you are proud of:

Part 2: Set a Goal for This Year

Think about a goal you want to achieve this year.

Why this goal matters to me:

Steps I will take to achieve it:

Step 1: _____

Step 2: _____

Step 3: _____