

New Year Goal-Setting Worksheet

This worksheet will help you set and organize your goals for the new year. Take some time to reflect and complete the prompts below.

Reflection on Last Year:

1. What were your biggest achievements last year?
2. What challenges did you face, and how did you overcome them?
3. What is something you learned about yourself?
4. What brought you joy last year?

Setting Goals for the New Year:

1. What is one personal goal you want to achieve?
2. What habit would you like to build or improve?
3. What relationships or connections would you like to strengthen?
4. What is one new skill or hobby you want to learn?
5. What is a self-care activity you want to prioritize?

Action Plan Checklist:

- Write down your top three goals for the year.
- Break each goal into smaller, manageable steps.
- Set deadlines or milestones for your goals.
- Choose a tracking system (e.g., habit tracker, calendar).
- Identify potential obstacles and plan solutions.
- Celebrate small wins along the way!