



NEW YEAR, NEW GOALS 2025

This book belongs to: _____

Goal Setting Worksheet

Directions: Complete the charts below by answering the questions and adding your goals for the new year.

Goal Setting Worksheet	
Academic Goals	Steps to Reach Your Goals
<p>1.</p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p>2.</p>	<p>1.</p> <p>2.</p> <p>3.</p>

Goal Setting Worksheet

Personal Goals	Steps to Reach Your Goals
1.	1. 2. 3.
2.	1. 2. 3.

Goal Reflections

Directions: Write two or three sentences as you reflect on the questions below.

My goal is...

I will reach this goal by...

I will know I have reached my goal when...

This goal is important to me because...

I will reach this goal by...

Journal Prompts

Directions: Choose one of the following prompts to write about in the space provided below. Draw a picture with a caption, or write your responses below.

Three things I hope to accomplish this year...

One challenge I was able to overcome last year...

One skill I would like to improve or learn this year....


