

“It’s a New Year” Goals Worksheet

My Goal Is To: _____

My Goal Deadline Is: _____

This Goal Is Important To Me Because: _____

The Smallest Step I Can Take Now Is: _____

The Next Steps I Need to Take Are: _____

My Cheerleaders Are: _____

My Personal Motivation Is: _____

When I Reach My Goal, I Will Celebrate By: _____

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