Name _____ Date _____



New Year Goals

Plan a goal you can work on all year. Fill in each box.

My goal What do you want to do or get better at?

Why it matters to me

Step 1

Step 2

Step 3

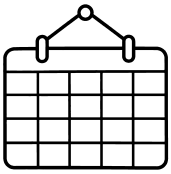
Who can help me

How I will know I did it

When I will check on it

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Name _____ Date _____



New Year Goals

Track your goal in January 2027. Color each day you work on it.

My goal _____

January 2027

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

How did my first month go?

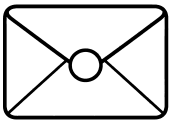
_____

_____

_____

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Name _____ Date _____



New Year Goals

Write a letter to yourself. Open it in June 2027.

Tell your future self your goals for this year, what you hope will happen, and what you are like right now. Then fold the letter and keep it until June.

date _____

greeting Dear _____

body _____

closing From, _____

your name _____

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Name _____ Date _____



New Year Goals

Write your opinion. Give two reasons and an ending.

Many people make a New Year's resolution, a promise to change something in the new year. Are resolutions a good idea? Tell what you think and why.

Words to use: I think for one thing also for example in the end

My opinion I think

_____

Reason 1 One reason is

_____

_____

_____

_____

_____

Reason 2 Also,

_____

_____

_____

_____

Ending That is why

_____

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Name _____ Date _____



New Year Goals

Write about a habit to start and a habit to stop.

What is one good habit you would like to start this year? Why? How will you remember to do it?

What is one habit you would like to stop? What could you do instead?

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