

THE BEST YEAR

OUT WITH THE OLD {20__}  IN WITH THE NEW {20__}

2 FAVORITE MEMORIES

3 THINGS I'M
GRATEFUL FOR

1 HARD LESSON!
I LEARNED!

1 THING I DID THIS
YEAR I'M PROUD OF

3 PLACES I
WANT TO GO

2 WAYS I CAN
HELP OTHERS

1 THING I WANT TO GET BETTER AT

2 THINGS I AM
LOOKING
FORWARD TO

3 NEW THINGS I WANT TO TRY

- Personal
- Academic
- Health
- Other:

New Years Goals

S.M.A.R.T.E.R. GOAL SETTING

Name of Goal Achiever

GOAL CATEGORY

DATE START TIME END

GOAL STATED AS ALREADY ACCOMPLISHED (with Due Date)

WHY'S & BENEFITS of ACHIEVING GOAL (minimum 3 with emotion)

Specific: Vivid detail. Visualize what you see is what you get.	<input type="checkbox"/>
Measurable: Concrete criteria to measure progress by.	<input type="checkbox"/>
Action Plan: Written out below	<input type="checkbox"/>
Realistic: Achievable & Challenging	<input type="checkbox"/>
Time Bound: Creates Urgency	<input type="checkbox"/>
Evaluate: Daily Journaling & GPS	<input type="checkbox"/>
Reset: 90% of time, guided missiles are off target. Reset your Things To Do from Daily Journaling & GPS	<input type="checkbox"/>

ACTION PLAN	Start	Due	Completed