

NEW YEAR'S RESOLUTIONS



By Free Kids Books

My New Year Goals

This book helps you plan, track, and celebrate your goals this year.

Setting goals helps you grow and learn!



How to use this book: Print and fill out the spaces on each page, use more paper if you need, or reprint the page OR Use one of the editable files to type in your answers (formatting may change with different computers).



What Is a Resolution?

A resolution is a goal you choose to work on over time.

Resolutions can help us grow as individuals or contribute to the community.

Choose Your Top 3 Goals for this Year

1. _____

2. _____

3. _____



Personal Growth

How will you challenge yourself this year?

1. _____
2. _____
3. _____
4. _____



Health & Wellbeing

What habits will you develop to help your body and mind?

1. _____

2. _____

3. _____

4. _____



Learning Goals

.What new skills or subjects excite you?

1. _____
2. _____
3. _____
4. _____



Helping Others

.How can you make a positive difference?

1. _____

2. _____

3. _____

4. _____

IN A WORLD WHERE
YOU CAN BE ANYTHING:



Monthly Goal Tracker

Goals: ☐ Tried my best ☐ Stayed true ☐ Practiced my goal

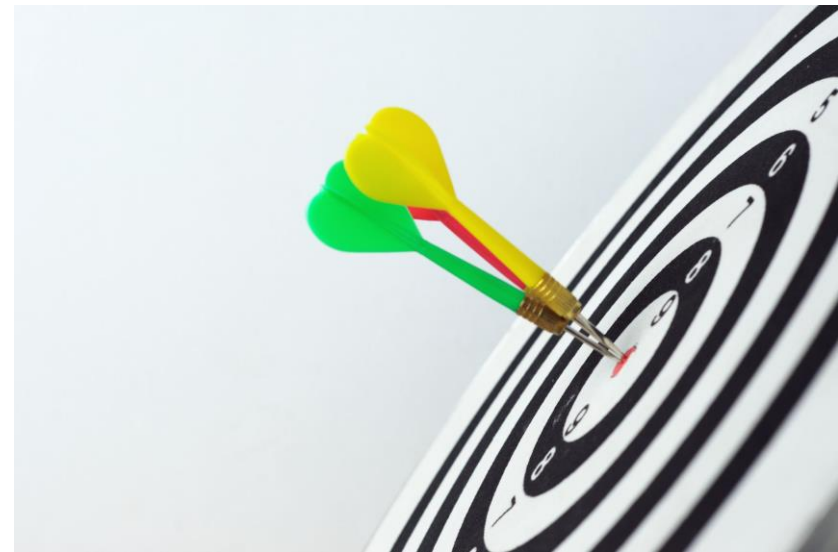
Personal Growth: ☐ Tried my best ☐ Stayed true ☐ Practiced my goal

Mind and Body: ☐ Tried my best ☐ Stayed true ☐ Practiced my goal

Learning: ☐ Tried my best ☐ Stayed true ☐ Practiced my goal

Being Kind: ☐ Tried my best ☐ Stayed true ☐ Practiced my goal

Note: Print this page for each month



Weekly Rewards

Note: Print this page when you need it.

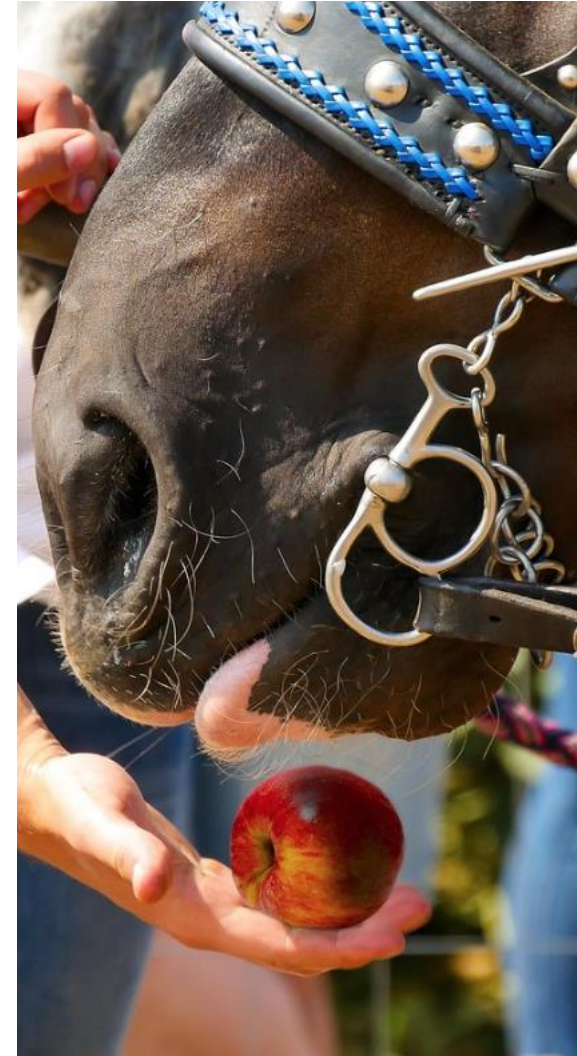
Reward yourself with a sticker:



Rewards Page

When I reach a goal, I reward myself with:

1. _____
2. _____
3. _____
4. _____
5. _____



Reflection

What are you proud of so far?

1. _____

2. _____

3. _____

4. _____

5. _____



Congratulations - You Did It!

Now keep going! Progress matters more than perfection. Keep working towards your goals and adjust them as you need to. Pat your self on the back for what is done and don't beat yourself up for what is not. Just being there and trying your best is key.

Life is an attitude



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