

NEW YEARS RESOLUTIONS

Child's Name _____




What are my goals going into 2024, & how can I meet them?





Why should you consider making goals for 2024? Because YOU matter! That's right, you. You are enough, and you are a gift to our world - Just as you are! Want to know something cool? In all of human history, and in all of the future of human history, there will never be another you. That's how unique and special you are! Pretty incredible, huh? You are so important, that you are invited to be the best version of yourself that you can be. That can start in the new year!



Consider what your goals are in each category, and write down the purpose or "why" you are making this goal. Then, write down how you will make this goal happen and who can support you in accomplishing this! If one of the themes or topics is not one of your goals for 2024, no problem, just skip it. Check out the example for ideas!



THEME/TOPIC	GOAL	PURPOSE OF GOAL	HOW TO ACCOMPLISH THE GOAL	WHO CAN SUPPORT ME?
Example: Relationship with Sisiter	To be even more patient and kind when they want to play games with me.	To have a loving, relationship with my sibling & to fight less.	Through keeping a calm voice and playing games with her for at least 20 minutes every day after school	My parents, through asking me how this is going
Friendships 				

THEME/TOPIC	GOAL	PURPOSE OF GOAL	HOW TO ACCOMPLISH THE GOAL	WHO CAN SUPPORT ME?
<p>Relationship with Family</p> 				
<p>Relationship with Parent / Family</p> 				
<p>How I spend my free time</p> 				
<p>Clothing / Style</p> 				

THEME/TOPIC	GOAL	PURPOSE OF GOAL	HOW TO ACCOMPLISH THE GOAL	WHO CAN SUPPORT ME?
<p>Option: Choose a Wellness Goal!</p> <p>(Drinking more water, less screen time, taking more moments to practice mindfulness, getting outside, one less coffee/soda a day, finding ways to increase movement...)</p>				
<p>You fill out the rest!</p>				