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New Year, Fresh Start: A Goal-Setting Worksheet

Starting the year with hope, clarity, and purpose

“Forget the former things; do not dwell on the past. See, I am doing a new thing!” – Isaiah 43:18–19

PART 1: LOOKING BACK WITH COMPASSION

Before setting goals, take a moment to reflect—without judgment.

1. One thing I’m proud of from last year:

2. One challenge I faced and survived:

3. One strength I showed (even on hard days):

❖ **Reminder:** Growth includes effort, not perfection.

PART 2: HOW I WANT TO FEEL THIS YEAR

Instead of focusing only on “doing,” let’s focus on “being.”

Circle or write 3 words that describe how you want to feel this year:

Calm Confident Peaceful Hopeful Connected Balanced Brave Focused

Other: _____

PART 3: SETTING MEANINGFUL GOALS

Choose 1–2 realistic goals that support your well-being.

Goal #1

- My goal: _____
- Why this matters to me: _____
- One small step I can take this month: _____

Goal #2 (optional)

- My goal: _____
- Why this matters to me: _____
- One small step I can take: _____

❖ **Tip:** Small, consistent steps create lasting change.

PART 4: THOUGHTS THAT MAY HELP OR HINDER

Our mindset matters.

A negative or unhelpful thought I might face:

A healthier, more encouraging thought I can practice:

Scripture or truth that supports this new thought:

“Whatever is true, whatever is noble... think about such things.”

— Philippians 4:8

PART 5: SUPPORT & SELF-CARE PLAN

One thing I will do to care for my emotional or mental health:

One person or support I can lean on this year:

One boundary I may need to protect my peace:

PART 6: A WORD OR VERSE FOR THE YEAR

My word for the year: _____

Scripture or phrase I want to carry with me:

“Commit your work to the Lord, and your plans will succeed.”

— Proverbs 16:3

CLOSING REFLECTION

One encouraging message I want to remind myself of this year:
