

New Years Worksheet

1. Name one victory you had this year (big or small).

2. What's the biggest lesson you learned this year?

3. List three things you are currently grateful for in your life.

- _____
- _____
- _____

4. If you had to choose one goal for the new year, what would it be?

5. List three actions you can take to achieve this goal.

- _____
- _____
- _____

6. Choose one of these actions to do this week. Do it!