NEW YEAR WORKSHEET

2027 Goal-Setting Worksheet



Choose one goal that matters to you. Give it a deadline and decide what you'll do this week.

Name _____ **Date** _____

My goal

What do I want to accomplish? How will I measure it, and by when?

Why it matters to me

What will change in my day-to-day life if I follow through?

My action this week

What will I do? Write down the day, time and place.

My backup plan

If my usual plan falls through, what smaller action can I still take?

My first check-in

Check-in date _____

Who I'll check in with _____

What I'll track _____