

Goal Setting Worksheet

3 Things You Want to Keep:

Reflect on last year. What habits, routines, or relationships brought you joy or growth? Write them down and commit to nurturing them.

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2 Things You Want to Start:

Choose two new goals or activities you're excited to try. Maybe it's a new hobby, a self-care practice, or setting healthier boundaries.

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1 Thing You Want to Let Go Of:

Identify one thing that no longer serves you—an unhelpful habit, mindset, or commitment. Let 2025 be the year you release it.

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Problems that may appear	Possible solutions
What will I do to achieve my goals?	How will I monitor my process?

Tasks that will lead to my goal

Date	Tasks	✓