

My GOALS for making the best version of ME ever!

A Bit About Me - Name: _____

Age: _____ Favorite Book: _____

Favorite Color: _____ Favorite Food: _____

Favorite Activities: _____

I am Good at: _____

Goals for My Year: _____

How I plan to be a NICER PERSON: _____

Some ways I will help my FAMILY: _____

Fun ACTIVITY to try or PLACE I hope to VISIT: _____

What I plan to accomplish at SCHOOL: _____

One way I will be HEALTHIER: _____

One BAD HABIT to reduce/eliminate: _____

New SKILL I want to learn: _____

- ☐ Brush teeth twice daily
- ☐ Floss teeth daily
- ☐ Daily physical activity
- ☐ Choose healthy snacks

- ☐ Speak at least one compliment daily
- ☐ Get involved in a volunteer opportunity
- ☐ Clean room & make bed each day
- ☐ Read at least ____ book(s) each month

I will be an Achiever this Year!



Brought to you by:



Draw a picture of you reaching your favorite goal this year!

