



Individual Goal Sheet

“A new year, a renewed you — mind, body, and relationships.”



Part 1: Reflection From Last Year

Three things I am most proud of:

- 1.
- 2.
- 3.

Biggest challenges or lessons learned:

What I want to leave behind from this year:



Part 2: Next Year's Personal Goals

Focus Areas: Health • Self-Care • Emotional Growth • Finances • Spirituality • Lifestyle

My Word or Theme for next year:

How I Will Stay Accountable:



Top 3 Personal Goals:

Goal	Why It Matters	Action Steps	Support Needed	Target Date
1				
2				
3				

Wellness Metrics I Want to Improve (optional):

☐ Sleep ☐ Stress ☐ Mood ☐ Physical Health ☐ Social Connection ☐ Boundaries

Notes:

Part 3: Next Year's Professional Goals

Focus Areas: Career • Skills • Leadership • Education • Financial Stability

Professional Goals

Goal	Why It Matters	Action Steps	Support Needed	Target Date
1				
2				
3				

Professional Development / CEUs I Plan to Pursue:

How I Will Measure Success in My Work This Year:



💖 Part 4: Relational Goals

Focus Areas: Family • Friendships • Romantic Relationships • Community • Boundaries

Ways I Will Nurture My Relationships:

Boundaries or Habits I Will Strengthen:

People I Want to Be More Intentional With:

✨ Part 5: Vision & Commitment

My Biggest Intention for Next Year:

What I Will Do Monthly to Stay Aligned:

Quarterly Mental Health Check-Ins:

- Q1: _____
- Q2: _____
- Q3: _____
- Q4: _____

Annual Mental Health Check-In Date (next year): _____

Signature: _____

Date: _____