



NEW YEAR, NEW GOALS!

Teacher Guide

My Achievements and Accomplishments:

Students should reflect on their previous accomplishments and positive experiences from the past school year or any personal achievements outside of school. They can write down specific examples and reflect on what they learned from those experiences.

Things I Want to Improve or Learn:

Students should think about areas where they feel they need improvement or subjects they want to learn more about. It could be academic skills, personal traits, or specific knowledge they want to gain.

Goals for this School Year:

Students should set specific, achievable goals they want to work towards in the upcoming school year. Encourage them to make their goals SMART (Specific, Measurable, Achievable, Relevant, Time-bound). They can include academic, personal, or extracurricular goals.

Ways to Stay Motivated and Positive:

Students should brainstorm strategies to maintain motivation and positivity throughout the school year. They can think of techniques like creating a study schedule, practicing self-care, seeking support from friends and family, setting rewards for reaching milestones, or adopting a growth mindset.

Name: _____



NEW YEAR, NEW GOALS!

Fill in the boxes with your personal information.

<p>My Achievements and Accomplishments from Last Year:</p>	
<p>Things I Want to Improve or Learn This Year:</p>	
<p>Goals for the Rest of the School Year:</p>	
<p>Ways to Stay Motivated and Positive:</p>	