New Year Goals Sheet — Free Printable

Download this free new year goals sheet to set a small number of focused goals for the year ahead, rather than a long list of resolutions that rarely stick.

How to use it

- Pick 3–5 goals maximum — fewer goals with real follow-through beat a long wish list
- Write each goal as a specific, measurable outcome rather than a vague intention
- Note one small first step for each goal, so it is clear how to actually start
- Review the sheet at the end of each month and adjust if needed

Free printable from Petal & Paper — https://247printables.com