

According to the University of Scranton's Journal of Clinical Psychology, of the 45 percent of Americans that make resolutions every year, only 8 percent are successful. That is because people usually make resolutions without setting goals.

Goals and resolutions often go hand in hand—as setting goals is what helps people stay on track to achieve their resolutions. Although resolutions are ultimately the long-term end results that you are working toward, it is the goals you set that tell you what you have to do and when you have to do it in order to achieve that long-term result.

Here is a simple tool to help you and your family make some goals for this year while reminiscing over all the happenings of last year. **Use this free printable to start conversations about setting goals and using small steps to reach them.**

A YEAR IN THE LIFE OF _____

**LOOKING BACK
AT LAST YEAR**

MY FAVORITE EXPERIENCE

MY BIGGEST ACCOMPLISHMENT

MY FAVORITE PLACE I'VE VISITED

MY BEST MEAL

MY FAVORITE PASTIME

MY FAVORITE BOOK

MY FAVORITE MOVIE

**LOOKING AHEAD
TO THIS YEAR**

I WANT TO CONTINUE TO

I WANT TO TRY

I WANT TO STOP

I WANT TO GET BETTER AT

I AM LOOKING FORWARD TO

I WOULD LIKE TO TRAVEL TO

ONE WAY I WOULD LIKE TO GROW THIS YEAR

MY GOALS FOR THIS YEAR:

1. _____

2. _____

3. _____