

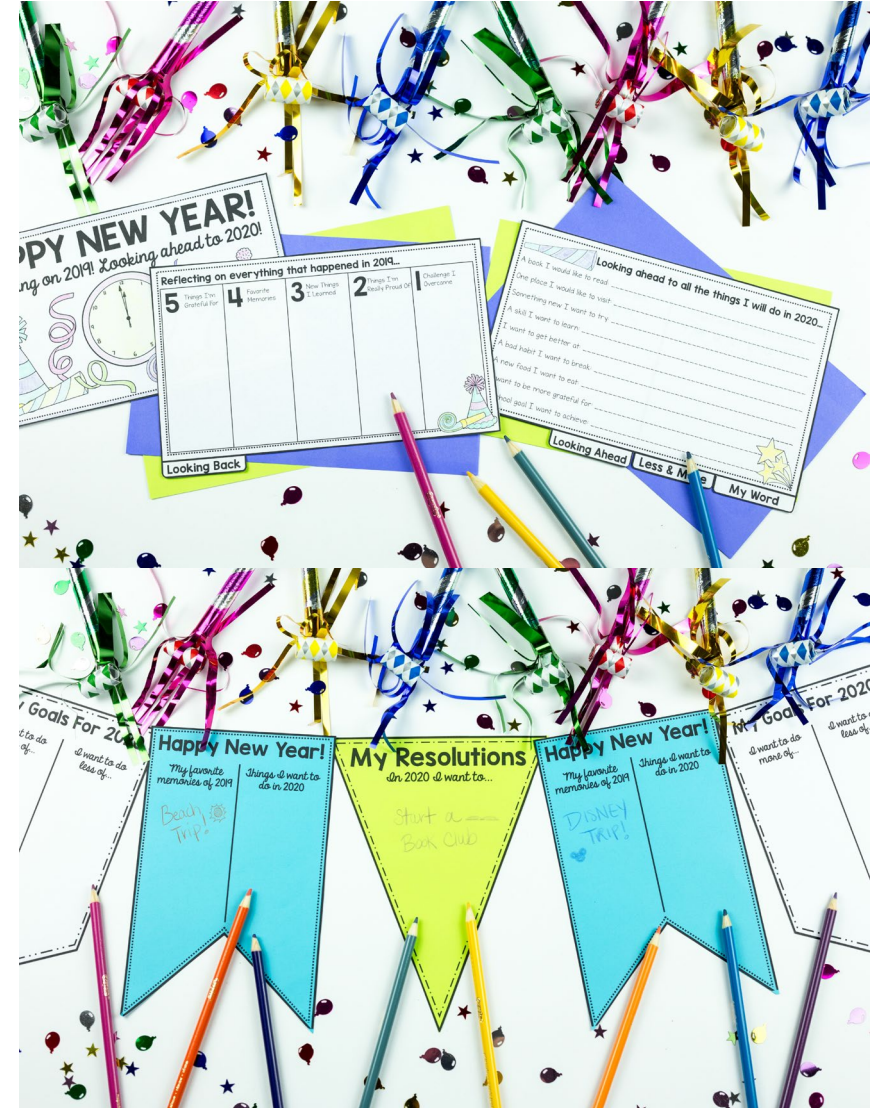
# Happy New Year - 2022!

## STUDENT GOAL SETTING BOOK



# INCLUDES YEARLY UPDATES!

This resource gets included each year (you might see 2018, 2019, 2020, or 2021 in some of the photos). You get the updates for free, so once you purchase this resource, you'll be set for all your new years to com!



**Great way to welcome students back!**



# Includes Tabbed Goal Setting Book



This goal setting book has four tabs that helps students reflect on 2021 and set goals for 2022

This is a no prep resource which will make your first day back great!

Reflecting on everything that happened in 2018...

<b>5</b> Things I'm Grateful For • My family • My friends • My teacher • My dog • My school	<b>4</b> Favorite Memories • Going to the beach • Winning the Science fair • My birthday party • Visiting my grandparents	<b>3</b> New Things I Learned • I learned how to write in cursive. • I learned how to bake a cake. • I learned how to play volleyball	<b>2</b> Things I'm Really Proud Of • Growing 3 levels in reading • Getting all As on my report card	<b>1</b> Challenge I Overcame • Spending hours studying for the spelling bee, but not making it to the final round.
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Looking Back Looking Ahead Less & More My Word

Students reflect on a variety of memories, successes, and lessons learned from 2021.

Students look ahead to what they want to do in 2022.

Looking ahead to all the things I will do in 2019...

A book I would like to read: The chronicles of Narnia

One place I would like to visit: Nasa in Houston, Texas

Something new I want to try: Volunteering at an animal shelter

A skill I want to learn: I want to learn how to knit

I want to get better at: Asking friends to play with me at recess

A bad habit I want to break: Pressing snooze on my alarm

A new food I want to eat: I want to try sushi

I want to be more grateful for: My little brother and sister

A school goal I want to achieve: To get all As again.

Looking Ahead Less & More My Word

# Includes Tabbed Goal Setting Book

Students think about behaviors and habits they want to keep and ditch as they move into the new year.

Students are given the opportunity to select their word for the year to help motivate them to keep their goals.

**To make 2019 great I can reflect on my choices and habits...**  
 Reflect on your choices and habits, what things do you need to do less of and more of to make 2019 great!

Things I want to do LESS of in 2019

**LESS OF**

- procrastinating to do my homework
- yelling at my little brother and sister
- complaining to my parents

Things I want to do MORE of in 2019

**MORE OF**

- make my bed every day
- read instead of watch TV
- write Thank You notes
- Encourage my classmates

Less & More      My Word

**My Word for 2019...**  
 Think about all the things you want to do in 2019. What is one word that will inspire you to meet your goals?

My Word For 2019

**ENTHUSIASM**

What is the definition of this word?  
 intense and eager enjoyment of activities

Why is this word important to me?  
 I want to approach all tasks with enthusiasm. Even the not so fun tasks.

How will this word help me meet my goals?  
 Having enthusiasm will help me tackle my challenging goals or when I get tired of working on them.

My Word

**Word of the Year Ideas**  
 Read through this list to get ideas you could use for your word of the year.

inspire	balance	respect	tolerance	dream
motivation	plan	conquer	empathy	confidence
mindful	generous	determined	self-control	knowledgeable
believe	challenge	principled	boldness	reflective
passion	open-minded	strong	imagine	creative
trust	grateful	acceptance	caring	commitment
kindness	enthusiasm	optimistic	focus	energy
perseverance	joy	peace	brave	inquirer
hard work	curiosity	organize	cooperation	integrity

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Click [HERE](#) to listen!

