



EVERYDAY HERO EDITION

MY GOAL- SETTING JOURNAL

*Dream big, make a plan, and grow into the leader
you already are.*

THIS JOURNAL BELONGS TO:

MY GRADE

MY SCHOOL

**Hi there. This journal
is all about you.**

A new school year is a fresh start. It is a brand new stretch of time that you get to shape. You get to decide what you want to learn, who you want to become, and how you want to show up for the people around you.

This journal is your space to think about all of that. You will set goals that matter to you, take small steps toward them, and notice how far you have come along the way.

Here is the most important thing to know before you begin. **There are no wrong answers in here.** This is not a test, and no one is grading it. It is yours.

Some pages will be easy and fun. Some will ask you to think hard about what you really want. Both are good.

You do not have to be perfect. You do not have to have it all figured out. You only have to be willing to try, to keep going when something gets tricky, and to be kind to yourself along the way.

**That is what real leaders do — and
you are one of them.**

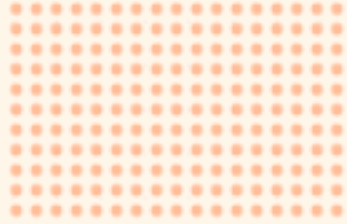
Let's get started!



HOW THIS WORKS

How to Use This Journal

A few simple ways to make this journal work for you.



- 1 Fill it out your way**
Go in order from the first page to the last, or skip around to whatever feels right that day. Both ways work.
- 2 Start by getting to know yourself**
The first few pages help you think about who you are and what kind of year you want. The best goals come from knowing yourself.
- 3 Then set your goals**
You will find seven goal areas. Pick the ones that matter most — you do not have to fill out every single one. Even one or two real goals can change your whole year.
- 4 Check in often**
Visit the weekly and monthly check-in pages regularly, even when life gets busy. A few minutes is enough.
- 5 Be honest, and keep it close**
Tell the truth about how things are going, the good and the hard. Pick a time that works for you and try to stick with it.

You are ready. Turn the page and let's begin!



YOUR MISSION MAP

What's Inside

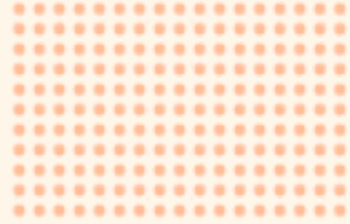
Every page is a stop on your year. Here is where to find each one.

★ This Is Me This Year	05	★ My Big Dream	16
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ORIGIN STORY

This Is Me This Year



Before you set a single goal, let's start with you.

★ **My name is**

★ **Three words my friends might use to describe me**

1. _____ 2. _____ 3. _____

★ **Something I am really good at**

★ **What I love to do in free time**

★ **A subject I am curious about this year**

★ **Something that always makes me smile**

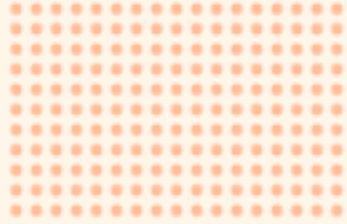
★ **When I face a problem, I usually**

★ **One thing I am proud of about myself**



REPLAY THE TAPE

Looking Back at Last Year



You can learn a lot by looking back. Take a minute to think about the year you just finished.

★ **Something that went well for me last year**

★ **A moment I felt really proud**

★ **Something that was hard for me**

★ **What I learned from that hard thing**

★ **One thing I want to do differently this year**

Remember — last year is finished. Whatever happened, you get a fresh start now.



PICTURE IT

The Kind of Year I Want

Goals are easier to choose once you know the kind of year you are hoping for. Close your eyes for a second and picture it.

★ When I imagine my best school year, I see myself

★ This year, I want to feel more

★ By the end of this year, I hope I can say

One word for the kind of year I want

Hold on to that word. It can help you decide what to work on all year.



What Makes a Great Goal

A goal is something you want to work toward. The best goals have five things in common.

A great goal is clear.

You know exactly what you are aiming for.

A great goal is yours.

You picked it because it matters to you.

A great goal is a stretch.

A little hard, but not impossible. Aim for just right.

A great goal is got a first step.

You can name one small thing to do this week.

A great goal is allowed to change.

If you learn something new, your goal can shift. That is smart, not failing.

SEE THE DIFFERENCE

Fuzzy goal	Clear goal
Be better at math	Practice times tables 10 min, 3 days a week
Make more friends	Sit with someone new at lunch once a week
Be nicer	Say one kind thing to someone every day
Get in shape	Move my body outside for 20 min after school

Now you're ready to build your own goals!



THE HERO'S PLEDGE

My Promise to Myself

Writing something down and putting your name on it makes it real. This is your promise for the year ahead.

I promise to:

- ☐ Try my best, even when something is hard.
- ☐ Be patient with myself while I learn.
- ☐ Ask for help when I need it.
- ☐ Celebrate my progress, big and small.
- ☐ Keep going, one small step at a time.

I am ready to grow this year.

SIGNED

DATE





GOAL 01 • LEARNING POWER

My Learning Goal

Something you want to get better at in school — a subject, a skill, or a habit like staying organized.

★ **My goal** (be clear and specific)

★ **Why this matters to me**

★ **My first small step this week**

WHEN & WHERE I'LL DO IT

When I _____, I will _____.

★ **Who can help me, and how**

★ **How I will know I am making progress**

PSST... EXAMPLE

"My goal is to understand my math homework instead of rushing. My first step is to do the first problem slowly and check it. When I sit down to do homework, I'll start with math first."



My Character Goal

Character is who you are, especially when no one is watching. This goal is about a quality you want to grow.

★ Circle a quality you want to build this year:

• Responsibility

• Kindness

• Courage

• Honesty

• Patience

• Respect

• Teamwork

• Perseverance

Or write your own: _____

★ **My goal** (be clear and specific)

★ **Why this matters to me**

★ **One way I can show this this week**

WHEN & WHERE I'LL DO IT

When I _____, I will _____.

★ **Who can help me, and how**

★ **How I will know I am growing this quality**

PSST... EXAMPLE

"I want to grow my responsibility by packing my backpack the night before, so I stop forgetting things. When I finish dinner, I'll pack my bag for the next day."



My Friendship & Kindness Goal

This goal is about the people around you — making a new friend, being a better one, or spreading more kindness.

★ **My goal** (be clear and specific)

★ **Why this matters to me**

★ **My first small step this week**

WHEN & WHERE I'LL DO IT

When I _____, I will _____.

★ **Who can help me, and how**

★ **How I will know I am making progress**

PSST... EXAMPLE

"My goal is to make one new friend this year. My first step is to ask the person next to me a question about their weekend."



GOAL 04 · HEALTHY ME

My Healthy-Me Goal

Taking care of your body and your mind helps you do everything else better. This goal is about feeling good and strong.

★ What part of “healthy me” do you want to focus on? Circle one:

• Sleep

• Moving my body

• Eating well

• Screen time

• Big feelings

• Drinking water

★ My goal (be clear and specific)

★ Why this matters to me

★ One way I can show this this week

WHEN & WHERE I’LL DO IT

When I _____, I will _____.

★ Who can help me, and how

★ How I will know I am making progress

PSST... EXAMPLE

“My goal is to get better sleep so I am not so tired in class. My first step is to put my tablet away thirty minutes before bed.”



GOAL 05 • BE BRAVE

My Be-Brave Goal

This goal is about trying something new. Being brave does not mean you are not nervous — it means you do it anyway.

★ **Something I've always wanted to try but felt nervous about**

★ **My goal** (be clear and specific)

★ **Why this matters to me**

★ **My first small step this week**

WHEN & WHERE I'LL DO IT

When I _____, I will _____.

★ **Who can help me, and how**

★ **How I will know I am making progress**

PSST... EXAMPLE

"My goal is to raise my hand in class more, even when I'm not totally sure. My first step is to answer one question I know the answer to."



My Leadership Goal

A leader is anyone who helps make things better for others. You do not need a title to lead.

★ Where do you want to make things better? Circle one:

• In my classroom

• At home

• On my team or club

• In my neighborhood

• With my friends

★ My goal (be clear and specific)

★ Why this matters to me

★ One way I can show this this week

WHEN & WHERE I'LL DO IT

When I _____, I will _____.

★ Who can help me, and how

★ How I will know I am making a difference

PSST... EXAMPLE

"My goal is to help new students feel welcome. My first step is to show one new kid where the cafeteria is."



AIM FOR THE STARS

My Big Dream

Some goals are for this week. This one is for someday. Dreaming big is how every great thing starts.

★ When I grow up, or even sooner, I dream of

★ Why this dream excites me

★ One tiny thing I could learn or do this year that points toward my dream

★ A person who inspires me to chase this dream

Every expert was once a beginner, and every journey starts with one step.



TINY BUT MIGHTY

My One Small Habit

Big goals grow from tiny habits done over and over. A habit is something you do so often it becomes part of your day. Let's pick one.

1 • Make it tiny

Choose something so small it feels almost too easy. Tiny habits are easy to keep — and they add up fast.

2 • Celebrate it

Right after you do it, do a tiny celebration — a smile, a fist pump, a “nice job.” It helps your brain want to do it again.

★ My one small habit

ANCHOR IT TO SOMETHING YOU ALREADY DO

After I _____, I will _____.

★ How I will celebrate

PSST... EXAMPLE

“After I brush my teeth in the morning, I will read one page of my book. Then I’ll give myself a thumbs up.”

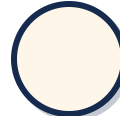


WATCH IT GROW

My Habit Tracker

Color in a circle for each day you do your habit. If you miss a day, that's okay — just start again the next day.

★ My habit

					
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
					
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
					
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
					
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
					
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30

★ Days I showed up: out of 30



WEEKLY CHECK-IN • COPY 1

My Weekly Check-In

A few minutes once a week helps you notice how you're doing. Be honest, and be kind to yourself.

Week of: _____

★ A win from this week (something that went well)

★ Something I am proud of

★ Something tricky — and what I'll try next

How I feel about my goals right now — circle one:

● Growing strong

● Doing okay

● A little stuck

● Not sure

★ My focus for next week



WEEKLY CHECK-IN • COPY 2

My Weekly Check-In

A few minutes once a week helps you notice how you're doing. Be honest, and be kind to yourself.

Week of: _____

★ A win from this week (something that went well)

★ Something I am proud of

★ Something tricky — and what I'll try next

How I feel about my goals right now — circle one:

● Growing strong

● Doing okay

● A little stuck

● Not sure

★ My focus for next week



WEEKLY CHECK-IN • COPY 3

My Weekly Check-In

A few minutes once a week helps you notice how you're doing. Be honest, and be kind to yourself.

Week of: _____

★ A win from this week (something that went well)

★ Something I am proud of

★ Something tricky — and what I'll try next

How I feel about my goals right now — circle one:

● Growing strong

● Doing okay

● A little stuck

● Not sure

★ My focus for next week



WEEKLY CHECK-IN • COPY 4

My Weekly Check-In

A few minutes once a week helps you notice how you're doing. Be honest, and be kind to yourself.

Week of: _____

★ A win from this week (something that went well)

★ Something I am proud of

★ Something tricky — and what I'll try next

How I feel about my goals right now — circle one:

● Growing strong

● Doing okay

● A little stuck

● Not sure

★ My focus for next week



My Monthly Check-In

Once a month, take a bigger look back. See how far you've come — and decide what comes next.

Month: _____

★ Looking back at this month, what am I most proud of?

HOW ARE MY GOALS GOING?

_____	☐ Growing ☐ Steady ☐ Stuck
_____	☐ Growing ☐ Steady ☐ Stuck

★ What's working that I want to keep doing?

★ What do I want to change or try?

★ Did any goals change this month? That's okay — write about it:

★ One word for how this month felt

★ My intention for next month



My Monthly Check-In

Once a month, take a bigger look back. See how far you've come — and decide what comes next.

Month: _____

★ Looking back at this month, what am I most proud of?

HOW ARE MY GOALS GOING?

_____	☐ Growing ☐ Steady ☐ Stuck
_____	☐ Growing ☐ Steady ☐ Stuck

★ What's working that I want to keep doing?

★ What do I want to change or try?

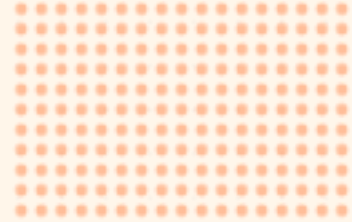
★ Did any goals change this month? That's okay — write about it:

★ One word for how this month felt

★ My intention for next month



When Things Get Hard



Things will get hard sometimes. That is not a sign you're failing — it's a sign you're growing.

Mistakes help your brain grow. Every time something is hard and you keep trying, your brain gets a little stronger. Struggling is how learning happens.

The most powerful word is "yet."

Instead of saying...	Try saying...
I can't do this	I can't do this yet
I'm not good at this	I'm still learning this
This is too hard	Hard means I'm growing
I give up	I'll try a different way
I made a mistake	My mistake shows me what to fix

When you feel stuck, try one of these:

★ Take a smaller step.

★ Ask for help — strong people do.

★ Take a break, then come back.

★ Remember your why.

★ **Something that feels hard for me right now**

★ **One thing I will try**



VICTORY LAP

Celebrate Your Wins

Reaching a goal — or even just making progress — is worth celebrating. Big and small wins both count.

★ A goal I am making progress on

★ How I am celebrating

★ A small win this week that made me smile

★ Something I did that I didn't think I could do

★ How it feels to see myself growing

Take a moment to feel proud. You earned it!



GOOD-DEED LOG

Leader in Action

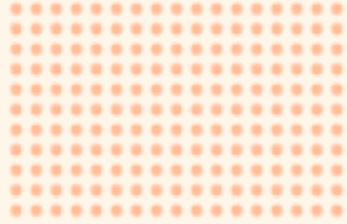
Real leaders help others. Keep track of the kind and helpful things you do — and watch how much good one person can add.

Date	What I did	Who it helped	How it felt

Helping doesn't have to be big — holding a door or sharing supplies all count.



Three Good Things



Noticing what is good helps you feel happier. Write down three good things from your day — they can be tiny.

Today's date: _____

Three good things from today:

1

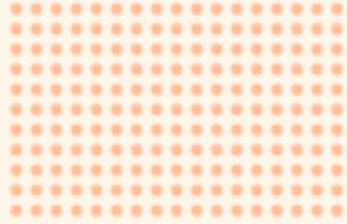
2

3

★ One person I am thankful for today, and why



Three Good Things



Noticing what is good helps you feel happier. Write down three good things from your day — they can be tiny.

Today's date: _____

Three good things from today:

1

2

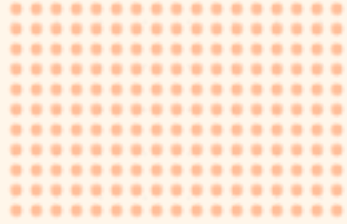
3

★ One person I am thankful for today, and why



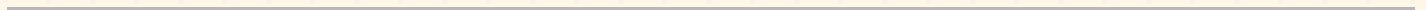
MISSION ACCOMPLISHED

Looking Forward



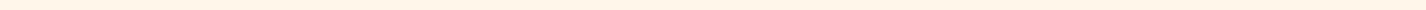
You made it to the end — which means you spent a whole stretch of time growing. Let's look at how far you've come.

★ **The goal I am proudest of working on**



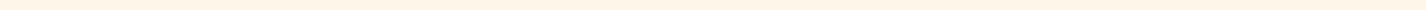
★ **Something I learned about myself this year**

★ **A time I kept going even when it was hard**

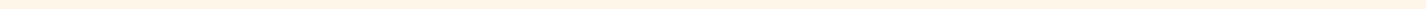


★ **The biggest way I have grown**

★ **Advice I'd give myself for next year**



★ **One thing I'm excited about for what comes next**



You set goals. You took small steps. You kept going. That is exactly what a leader does. Be proud of who you're becoming.



FOR GROWN-UPS

A Note for Families & Teachers

Thank you for supporting a young person as they set goals for the year ahead.

This journal guides students through a simple, repeatable process: getting to know themselves, choosing goals that genuinely matter to them, breaking those goals into small steps, and reflecting on their progress over time. The approach is grounded in well-established ideas about how young people grow and stay motivated — they choose their own goals, build tiny habits anchored to existing routines, treat setbacks as part of growth, and reflect on how they help others.

A few simple ways you can help:

Let the goals belong to the student.

Motivation is strongest when the goal is truly theirs — even if you'd have chosen something different.

Ask open questions instead of giving answers.

"What's one small step you could try?" builds a child's own thinking.

Celebrate effort, not just results.

Effort is what they can control, and it's what keeps them going.

Check in gently and regularly.

A short, encouraging conversation can make all the difference when a goal feels stuck.

A new school year is full of possibility. Thank you for helping a young leader make the most of it.



*You are exactly the kind of person who can do
hard things.*

Keep going. Future you will be glad you did.