

JANUARY 1 • EVERY YEAR

National Goal Setting Day™

Your January 1 Celebration Guide



Reflect. Dream. Plan. Take Action.

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Learn more at nationalgoalsettingday.org

WELCOME

Let's Give Your Goals a Day

Every January 1, we welcome a new year filled with possibilities. National Goal Setting Day is an invitation to give those possibilities some time, thought, and direction.

You can celebrate at your kitchen table with a cup of coffee, gather your family, invite a few friends, or host an activity for your organization. You don't need fancy supplies or a finished vision board. You can begin with a pen, paper, and a willingness to think about what matters to you.

This guide will help you reflect on where you've been, imagine what's possible, and take a first step toward a meaningful goal.

You don't have to figure out the whole year today. Give yourself space to begin.

— *Coach Sheréa*

One thing I want from this year is:

1 Choose Your Way to Celebrate

Make the day fit your life. Choose one of these ideas or create your own tradition.

A Personal Goal Date

Set aside quiet time for yourself. Bring your favorite drink, this guide, and something to write with. Give your future a spot on your calendar.

A Family Goal Gathering

Let everyone share something they're proud of and something they want to accomplish. Choose one goal you can work toward together. Children can draw their goals or explain them aloud.

A Goals and Coffee Meetup

Invite a few friends to reflect, write, and encourage one another. Give everyone time to think before inviting them to share.

A Couple's Planning Session

Talk about what each of you hopes for in the coming year. Choose a shared goal and discuss how you can support each other's individual goals.

A Community or Workplace Celebration

Bring your team, church group, club, or organization together for a guided goal-setting activity. Let participants choose goals that are meaningful to them and keep sharing optional.

Join Goal-A-Thon®

Participate in Goal-A-Thon for guided goal-setting activities, encouragement, and time to work on your plans. Use this guide alongside the event.

I'm celebrating by:

My celebration will begin at:

2 Set the Atmosphere

Create a space where you can think, write, and feel comfortable.

Gather:

- This guide
- A pen or pencil
- Your calendar or planner
- Water, coffee, tea, or a favorite snack
- Optional: music, art supplies, magazines, and photos

Silence notifications for the time you've set aside. If you're gathering with others, agree to listen with respect, ask before offering advice, and keep personal stories private.

Let everyone know: you can participate without sharing everything you write.

3 Celebrate Before You Set

Before you decide what comes next, recognize what you've already done.

Think about the past year. Include the quiet wins: asking for help, learning something difficult, keeping a commitment, starting again, or making it through a challenging season.

Answer on a separate page, or in the space below:

- What am I proud of?
- What did I learn?
- Who supported me?
- What would I like to carry into the new year?
- What am I ready to change or leave behind?

One thing I want to give myself credit for is...

If you're celebrating with others, invite each person to share one win. Give that moment your attention. Progress deserves recognition.

4 Dream About What Comes Next

Think about the life you want to experience, one area at a time.

- Health and fitness
- Relationships and family
- Finances
- Home
- Self-care
- Fun and recreation
- Personal development
- Career and business
- Spiritual life
- Travel
- Giving and service

You do not need a goal in every area. Notice what feels meaningful, exciting, or in need of attention.

Ask yourself: What would I love to experience, improve, learn, create, or contribute this year?

Write freely before choosing. Give yourself permission to name something you've been putting off or haven't said aloud yet.

My dreams and ideas:

5 Choose a Goal That Matters

Look at what you wrote and choose one goal to begin with. Make it clear enough that you will recognize progress. For example, “read more” could become “read one book each month.”

My goal is:

This matters to me because:

I would like to accomplish it by:

I will recognize progress when:

Consider your time, responsibilities, and resources. Adjust the size or timing of your goal so you can make room for it.

6 Take Your First Step Today

Choose one action you can complete before the day ends. You could:

- Schedule your first work session.
- Read the first few pages.
- Research a class.
- Put money aside.
- Take a walk.
- Gather your supplies.
- Make a phone call.
- Ask someone for support.

Today, I will:

During the next seven days, I will:

My next work session is scheduled for:

Someone who can support me is:

Small actions count. Choose a step you can actually take.

7 Your One-Hour Celebration Agenda

Use this schedule on your own or with a group.

Time	Activity
0–5 minutes	Get settled and share the purpose of your gathering.
5–15 minutes	Reflect on the past year and celebrate wins.
15–25 minutes	Explore possibilities across the areas of your life.
25–40 minutes	Choose one meaningful goal and write it down.
40–50 minutes	Identify your first action and schedule your next steps.
50–60 minutes	Share if you wish, encourage one another, and set a check-in date.

Hosting tip: Protect the writing time. A few quiet minutes can help people think more deeply than a full hour of conversation.

Notes for your gathering:

8 Make It a Tradition

Give yourself something to return to next January 1. You might:

- Write a letter to your future self.
- Take a photo holding your written goal.
- Save this guide in a dated folder.
- Create a family goal jar.
- Record a short video about what you hope to accomplish.
- Schedule a gathering to review your progress.

If you share a photo or reflection publicly, invite others to participate, too. Ask permission before posting anyone else's image or personal goals.

Our National Goal Setting Day tradition will be:

Keep Going After January 1

Your goal deserves attention throughout the year. Choose a check-in date before you finish today. Review what you've done, notice what's getting in the way, and decide on your next action. You can adjust your plan as you learn.

My first goal check-in will be:

Before You Finish

- ☐ I recognized something I'm proud of.
- ☐ I chose a meaningful goal.
- ☐ I wrote down why it matters.
- ☐ I identified an action to take today.
- ☐ I scheduled my next step.
- ☐ I chose a check-in date.

Happy National Goal Setting Day. Let's give your goals a place in your life — starting today.

A Suggested Menu and Goal-Related Snacks

Keep it fresh and simple, so the food supports the gathering instead of taking it over. Set everything out before your guests arrive, or before your own quiet time begins.

Drinks Station

- Coffee and tea, with honey and cinnamon
- Water with lemon slices and fresh berries

Fresh and Light

- **Vision Fruit Platter** — fresh fruit, ready to grab between writing sessions
- **Dream Trail Mix** — peanuts, almonds, and dried fruit
- Veggie cups with a favorite dip
- A simple salad bar — greens, chopped vegetables, and a choice of dressings

Something Sweet

- **Finish-Line Berries** — fresh berries drizzled with honey

See the full celebration menu — scan the Menu QR code in the QR Resource Library near the back of this guide, or visit nationalgoalsettingday.org/celebration-menu.

KEEP GOING

Resources to Keep You Going

Suggested Book: The Ultimate Goals Handbook™

Turn the one goal you chose today into a full plan. Learn more: nationalgoalsettingday.org/handbook — or scan the Suggested Book QR code on the last page.

3rd Annual Goal-A-Thon® 2027

Friday, January 1, 2027 · 7:00am–7:00pm PT · Virtual · Join Free

Streaming live on The Goal Setter's Club YouTube channel. Register and learn more at goal-a-thon.com.

Goal Skool

Looking for coaching, community, and accountability all year long? Join Goal Skool at goalskool.com — \$1/month Standard, \$19/month Premium.

SCAN AND GO

Your QR Resource Library

Point your phone camera at any code below, or tap the link under it in the digital version. Each code opens a page at nationalgoalsettingday.org. The worksheets are on their way — if a page says “coming soon,” check back soon, or scan again closer to January 1.



For Kids

A goal worksheet made for children — draw it, say it, or write it.

WORKSHEET COMING SOON — SCAN TO CHECK

nationalgoalsettingday.org/kids-worksheet



For Marriage

A goal worksheet for couples — choose a shared goal and support each other's.

WORKSHEET COMING SOON — SCAN TO CHECK

nationalgoalsettingday.org/marriage-worksheet



For Family

A goal worksheet for the whole family — one goal you can work toward together.

WORKSHEET COMING SOON — SCAN TO CHECK

nationalgoalsettingday.org/family-worksheet



Celebration Menu

The full suggested menu and goal-related snacks for your gathering.

MENU PAGE COMING SOON — SCAN TO CHECK

nationalgoalsettingday.org/celebration-menu

SUGGESTED BOOK

The Ultimate Goals Handbook™

Scan the code, or use the link, to learn more about the suggested book for National Goal Setting Day.



Suggested Book: The Ultimate Goals Handbook™

The companion book for this guide — turn today's one goal into a full plan for the year.

SCAN TO LEARN MORE

nationalgoalsettingday.org/handbook

Happy National Goal Setting Day. Dream It. Plan It. Live It!

Share your celebration with **#GoalSettingDay** · nationalgoalsettingday.org