



# New Year Goal Bowl

1. Think of something new you want to do or learn (something that challenges you):

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Example: Playing the guitar

2. Now write it down in a sentence using the word "can't" or "not":

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For example: I can't play the guitar.

3. Now add the word "yet" to the end of your sentence:

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For example: I can't play the guitar, **yet**.

4. What efforts can you make to help yourself get from **can't** to **can**?

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Example: Take lessons, practice every day.

Print out this first page and fill it out for as many goals as you have. When you are done, fold up each goal into a little square. Print out the label for your "goal bowl" and tape it to a jar, bowl, or Tupperware. Now drop each folded goal paper into the goal bowl. When you need inspiration throughout 2024, pick one goal out of the bowl to work on!



The **POWER** of **ME**

**GOAL BOWL**

**2024**