

Name:

Date:

My Age:

Self-Improvement Goal Tracker Worksheet

Area I Want To Improve

What do I want to improve?

- Confidence
- Time Management
- Reading
- Focus
- Communication
- Healthy Habits
- Other: _____

Why is this important to me?

New Habits To Build

New habit I want to start:

Small action steps:

1.













2.

3.

My daily habit checklist:

- Stay positive
- Complete tasks
- Practice my new habit
- Learn something new

Weekly Progress & Reflection

Week	Progress	Mood
Week 1		  
Week 2		  
Week 3		  
Week 4		  

3.

What motivated me this week?

What did I learn about myself?

Small daily
improvements can
lead to big success
over time!