

Goal Setting

Name: _____

Date: _____

Pick a goal and use the boxes below to plan it. Write it or draw a picture in the box when there is space. Color in the goal setting star when you complete each step.

S SELECT A SPECIFIC GOAL

My goal is to: _____

I completed this step! ★

U UNDERSTAND WHY IT MATTERS TO YOU

This goal is important to me

because: _____

I completed this step! ★

P PLAN THE STEPS TO REACH IT

Step 1: _____

I will do this by: _____

Step 2: _____

I will do this by: _____

Step 3: _____

I will do this by: _____

I completed this step! ★

E EXPECT CHALLENGES AND PREPARE FOR THEM

My plan for handling a challenge is: _____

When I feel like giving up, I will: _____

I completed this step! ★

R RECORD YOUR PROGRESS

The best time for me to record my progress is: _____

I completed this step! ★

S SUPPORT FROM OTHERS (WHO CAN HELP?)

People who can help me reach my goal:

1. _____

can help by: _____

2. _____

can help by: _____

I completed this step! ★

T TRACK YOUR SUCCESS MILESTONES

Small win #1 to celebrate:

Small win #2 to celebrate:

Small win #3 to celebrate:

I completed this step! ★

A ADJUST YOUR PLAN IF NEEDED

It's okay to change my plan if:

If I need to make my goal

easier, I could: _____

I completed this step! ★

R REWARD YOURSELF FOR ACHIEVEMENTS

When I reach my goal, I will

reward myself by: _____

I completed this step! ★