

Goal-setting sheet

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| Name | My goal: |
| This goal is important to me because _____ _____ | |
| 3 Things I will do to reach my goal: 1. _____ 2. _____ 3. _____ | How can family or friends help me if I need it? _____ _____ _____ |
| Possible obstacles to my goal: -----> How I will respond to that obstacle: 1. _____-----> _____ 2. _____-----> _____ 3. _____-----> _____ | |
| My strengths that will help me reach this goal are... 1. _____ 2. _____ 3. _____ | |