

Goal Setting:

A **goal** is something that you aim for that takes planning and effort. People who identify and work at achieving goals feel more satisfaction with themselves and their lives.

Achieving your goals: To establish and reach your goals, create an action plan, or multi-step strategy to identify and achieve your goals.

Follow these steps:

1. **Set a specific, realistic goal, and write it down.** State your goal as something positive. This will help motivate you.
2. **List the steps you take to reach your goal.** Look for ways to break your goal into smaller, short-term goals.
3. **Identify sources of help and support.** Such sources might include friends, family members, peers, teachers, or neighbors.
4. **Set a reasonable time frame for reaching your goal.** After deciding on a reasonable time, put it in writing.
5. **Evaluate your progress by establishing checkpoints.** Periodically check how you are progressing, and make any necessary adjustments that will help you reach your goal.
6. **Reward yourself for achieving your goal.** Enjoy the personal satisfaction reaching a goal brings. You might celebrate your achievement with your family and friends.

Goal #1: I will _____

Three steps to reach my goal:

1: _____

2: _____

3: _____

Sources of support/positive influences: _____

I'd like to reach this goal by (date/time): _____

Checkpoint/ comments:

Possible reward for achieving the goal: _____

Goal #2: I will _____

Three steps to reach my goal:

1: _____

2: _____

3: _____

Sources of support/positive influences: _____

I'd like to reach this goal by (date/time): _____

Checkpoint/ comments:

Possible reward for achieving the goal: _____

Goal #3: I will _____

Three steps to reach my goal:

1: _____

2: _____

3: _____

Sources of support/positive influences: _____

I'd like to reach this goal by (date/time): _____

Checkpoint/ comments:

Possible reward for achieving the goal: _____