

My Goal

When you set a goal, you're making a plan for something you want to achieve or improve. Think of all the things you do at home, at school, in your sports or hobbies, and with friends. Some examples of goals include reading, doing chores, keeping a positive attitude, eating healthy foods, writing in a journal, and getting exercise. What goal will you set today?

Goal  _____

Deadline  ____ / ____ / ____

- Supporting tasks ✓
- _____
 - _____
 - _____
 - _____
 - _____

My outcome/reward _____

Notes *Write down any obstacles you might face, and the actions you will take to overcome them.*