

Personal goal-setting worksheet

Name: _____

Families: Help your child set a specific goal to improve their mental or emotional health for this week. Some examples could include: get ten hours of sleep each night, or talk with a family member about my feelings at least once per day.

Students: Write down your goal for the week.

I will:

Who are two adults that can help you?

1. _____

2. _____

Cross off, or circle one brain each day that you achieve your goal.

