

Goal-setting lesson worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Goal-setting lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. When setting a goal, what two things should your goal be?

a. _____

b. _____

2. Once you choose a goal, what are three things you should do?

a. _____

b. _____

c. _____

3. List two adults that you could ask for help with your own goals.

a. _____

b. _____