Personal goal-setting worksheet

Name: _____

Families: help your child set a specific goal to improve their mental or emotional health for this week. Examples could include: get ten hours of sleep each night, practice mindfulness each day, etc.

Students: Write down your goal for the week below.

I will:

Write down your plan for achieving your goal.

Who are two adults that can help you?

1- _____

2- _____

Did you achieve your goal? _____