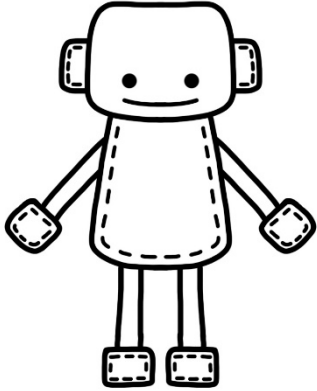
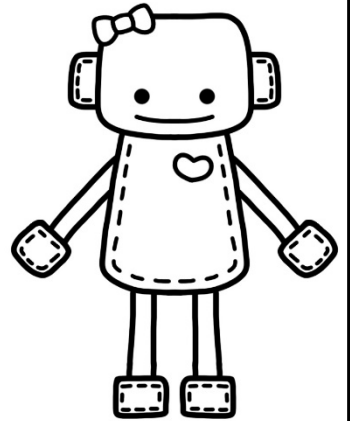


MY GOALS – PLANNING SHEET



I am good at:

I need to work on:



My plan to improve is:

People who will help me improve are:

I will know if my plan is working when:

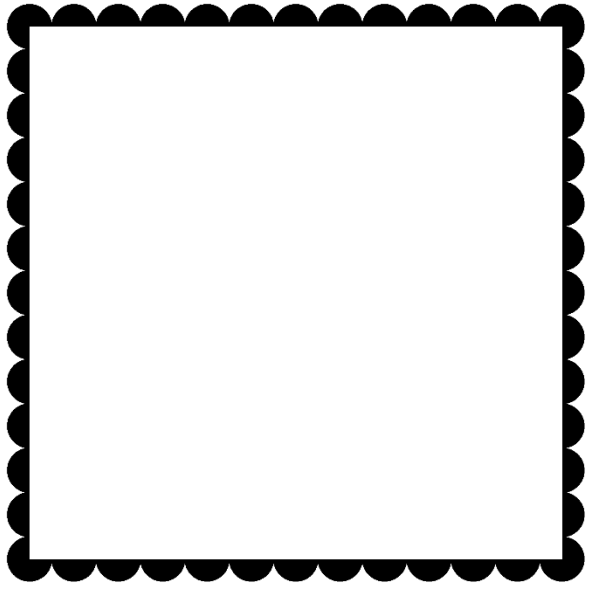
If my plan doesn't work then:

My reasons for wanting to improve are:



GOAL REFLECTION:

Name: _____
date: _____



Have you made progress on your goal? Why
or why not?

Overall I would rate my effort
towards my goal.



Next Steps:

ALL ABOUT ME:

PICTURE:

MY STRENGTHS:

MY GOALS:

MY WISHES:

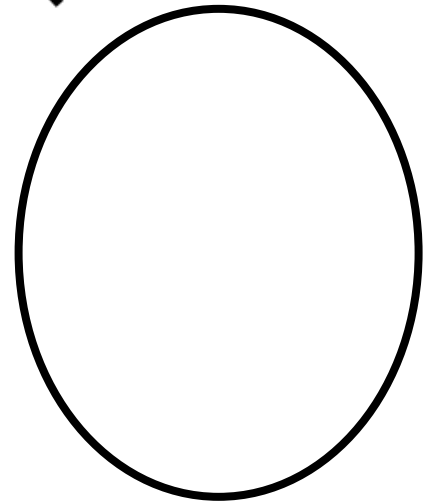
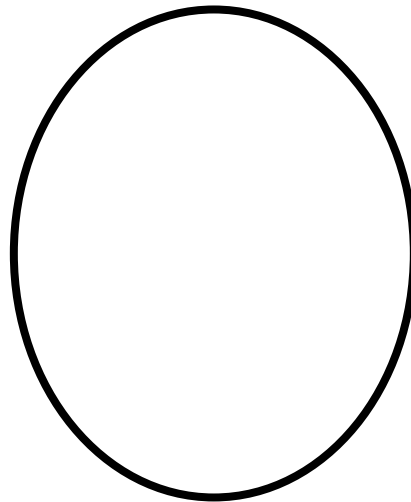
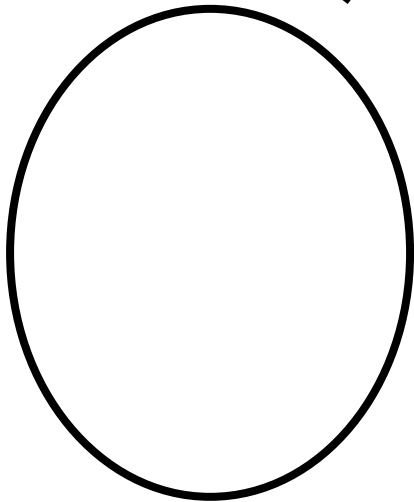
NAME:

Goal Setting:

Name: _____

Idea for a goal:

What would you need to do to reach this goal?



What help will you need?

How long do you think it will take?

Why do you want to do this?

SMART GOAL PLANNING SHEET

SPECIFIC	What do you want to happen?
MEASURABLE	How will you know that you accomplished what you wanted to do?
ATTAINABLE	Is this goal something you can really accomplish?
REALISTIC	Is your goal too hard or too easy to achieve?
TIME BOUND	Do you have a definite time frame to complete your goal?