Name _____   Date _____

SETTING MY GOAL

Goal #1 is

_____

This goal is important because

_____

Goal #2 is

_____

This goal is important because

_____

To reach my goal I will do these 3 things:

1. _____
_____

2. _____

_____

3. _____
_____

I will know I've reached my goal because:
_____
_____
_____

2 things that will help me stick to reaching my goal are:

1. _____
2. _____