

GOAL SETTING WORKSHEET

Goals for the semester:

1. _____

Ways to meet this goal: _____

This goal will be met by: _____ (date / time)

2. _____

Ways to meet this goal: _____

This goal will be met by: _____ (date / time)

3. _____

Ways to meet this goal: _____

This goal will be met by: _____ (date / time)

Possible Obstacles:

1. _____

2. _____

3. _____

Reward: _____

Post this worksheet in an area that you will see everyday.