GOAL SETTING

Name_______________________________________________________________      Date  ______________________

Use the following questions to help you set a goal that you want to achieve. Show your completed worksheet to your teacher or a family member who can encourage you in reaching your goal.

1. **What?** Goal setting can help us understand our limits and help us feel satisfied with our accomplishments. Goals can be our wishes or even our dreams for the future. What would you like to achieve or do in the next month? *(For example, I'd like to be stronger in my upper arms.)* Write your “What” here:
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________

2. **Why?** Goals motivate us to action and give us control. When we accomplish them, we feel a sense of satisfaction. *(For example, ask yourself why being stronger would be good or important to you.)* Write why the goal is important and how you will feel when you reach it.
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________

3. **When?** When will you start working toward your goal, and when do you think you will reach the goal? *(Hint: Give yourself a couple of weeks. Getting stronger takes practice and work over time. Let your teacher or another adult help you set a realistic timeline.)*
   Put a starting date here: __________________________ Put a finish date here: _______________________

4. **How?** Write two or three actions that you can take to help you reach your goal. Make them personal by writing them using “I will” statements (e.g., I will do 20 push-ups every day for one month).
   Action 1: I will  _______________________________________________________________________________
   Action 2: I will  _______________________________________________________________________________

5. **Feelings of accomplishment:** When I reach my goal, I will feel good because _________________________
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________

Goal-Setting Worksheet