

# My Goals



A large, empty rectangular box with a thin black border, intended for writing goals.



# Goal Setting Book

Name: \_\_\_\_\_ Date: \_\_\_\_\_

My home or school goal for next week is:

I will . . .

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Check to see if my goal meets all the requirements:

Is my goal achievable by next week?	Yes	No
Do I want to do this goal?	Yes	No
Is my goal measureable?	Yes	No

Did I achieve my goal? Yes No



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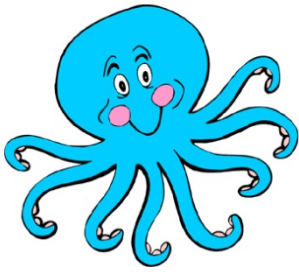
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Do I want to do this goal?	Yes	No
Is my goal measureable?	Yes	No

Did I achieve my goal? Yes No



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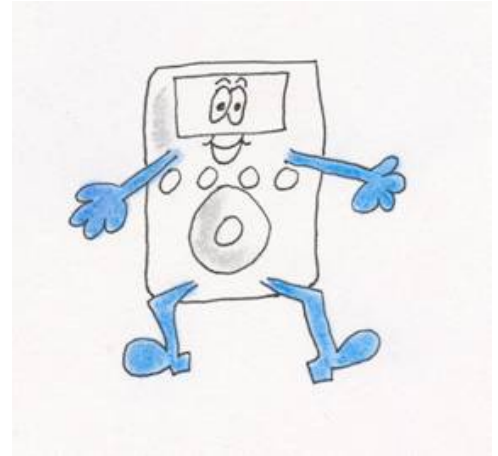
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Do I want to do this goal?	Yes	No
Is my goal measureable?	Yes	No

Did I achieve my goal? Yes No

**Sir Self Control Says**  
**"Keep Yourself in Check"**



Dream big and write one goal you would like to see yourself do in order to develop more self control. Draw a picture of something that represents this goal in the picture frame below. Now write one behavior or skill you will need to use or learn in order to make this happen.

My self control goal in words:

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One behavior I will need to accomplish this goal.

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**Session #1**  
**Self-Esteem and Goal Setting**  
**In-Class Activity #1b**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Directions:** Fill out the chart

Taking Charge of Myself

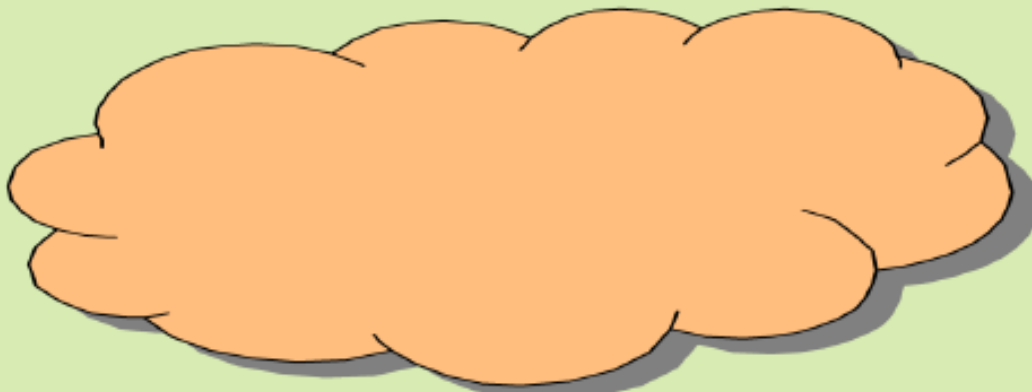
Name: \_\_\_\_\_

School: \_\_\_\_\_

Teacher's Name \_\_\_\_\_

The behavior I am going to keep track of is:

\_\_\_\_\_  
\_\_\_\_\_



My goal for this behavior is (write in cloud above!)

**Self-Esteem and Goal Setting**  
**Independent Practice #1b**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Directions:** Create your own plan for success to achieve your goal here  
**My Plan for Success**

Goals I selected to work on: (from one strength/one weakness)

1.

My "stretch goal" (a goal I have to really work at!)

Date of completion: \_\_\_\_\_

People who will help me:

Other things I will need (information, skills, practice)

Character traits I will practice

Positive self-talk I will use:

Ways to get feedback on progress:

Two people who will sign off on your plan and support your success:

Person 1 \_\_\_\_\_

Person 2 \_\_\_\_\_

**Session #1**



# Goal Setting

GOAL 1

A+

Math Test  
Monday

GOAL 2

A+

Spelling Test  
Tuesday

GOAL 3

A+

History Test  
Wednesday

