

MY GOALS



Describe your goals in each of the following four categories below. In the middle oval, describe yourself. (Place completed handout in a spot that you can see each day.)

Healthy Living

Spare Time/Activities

Me

Family/Friendships

School



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Directions:

- Describe yourself in the "Me" section of the handout.
- Write down at least one goal you would like to accomplish in each of the other four categories using "I will..." statements. (Ex. Healthy Living-"I will drink at least four glasses of water each day.")
- Place the completed Goals sheet in an area that you can see each day.