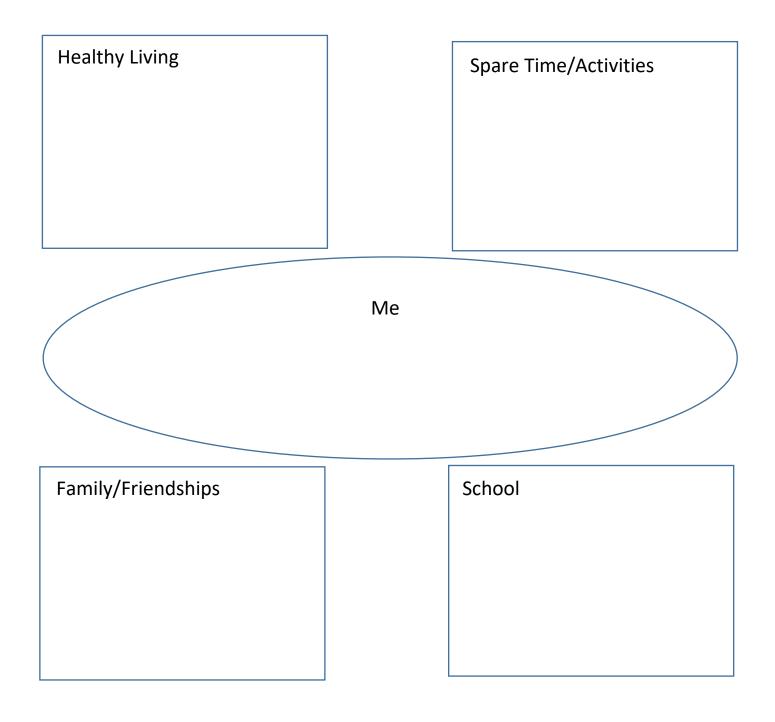


MY GOALS



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.





MY GOALS



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 "<u>I will</u>..." statements. (Ex. Healthy Living-"<u>I will</u> drink at least four glasses of water each day."
- Place the completed Goals sheet in an area that you can see each day.