

Goals Worksheet

AGES 13+

My goal is:

The date I want to reach my goal is: _____

My plan to make this happen includes the following steps (remember to make your steps specific, measurable and something you are able to do):

- 1.

- 2.

- 3.

- 4.

- 5.






What are obstacles to meeting my goal? How will I handle them?

How will my life improve when I meet this goal?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Instructions for Goals Worksheets

In order to be the most successful with the goal worksheets, use the following tips:

-  Select the proper worksheet for your child, based on age/development
-  Remember that goals are well-defined, and have an endpoint
 - **Ineffective:** I will do better in school
 - **Effective:** I will earn at least a B in Math by the end of the grading period
-  Action steps are also measurable, achievable and time-specific
 - **Ineffective:** I'm going to try harder
 - **Effective:** I will do 5 extra math problems every school night after dinner
-  Plan for obstacles, or things not going as planned
 - **Example obstacle:** I don't get along with my math teacher
 - **Plan to overcome:** I will write notes as the teacher is talking and will raise my hand to ask questions in class as ways to show my teacher respect
 - **Example obstacle:** I might feel tired after dinner, and not want to do my work
 - **Plan to overcome:** I will do 5 jumping jacks to get my energy up before starting on my extra math problems
-  Discuss with your child what they will gain when this goal is achieved. Keep in mind that for most kids, rewards based on feelings (or intrinsic rewards) are unlikely to be motivating long-term. It is usually more effective to also include more tangible incentives (or extrinsic rewards) when goals are reached.
 - **Example intrinsic rewards:** Sense of self-worth, achievement, gain, self-esteem
 - **Example extrinsic rewards:** Going to movies, money, new toy, clothes, going out to eat