Goal Setting Worksheet for Children

Create up to three goals for yourself.

Goal 1	Goal 2	Goal 3
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Write down what you will do to reach your goals.

Goal 1-Action Plan	Goal 2-Action Plan	Goal 3-Action Plan
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

What are some positive qualities about you that will help you reach your goals? _____

_____

_____

What might get in the way of you reaching your goals?_____

_____

_____

How will you monitor your progress towards your goal? (i.e. sticker chart)_____

_____

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