Goal Setting Worksheet for Children

Create up to three goals for yourself.

Goal 1

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Goal 2

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Goal 3

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Write down what you will do to reach your goals.

Goal 1-Action Plan

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Goal 2-Action Plan

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Goal 3-Action Plan

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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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