

My Goals Guide

This year I will:



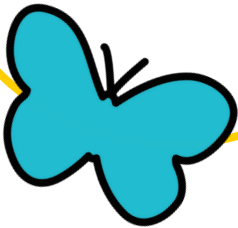
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Circle one:

Be specific. For example:

"I will read 5 minutes before bed every school night"

If I reach my
goal I get to:



Make a plan:

What do I need to accomplish my goal? Who will help me? How will I achieve it?

Visualizing my goal:

Draw a picture of how you will feel when you achieve your goal.



Signed