

# Goal-Setting Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet as you move through the Goal-Setting Lesson.

1. When setting a goal, what are three things you should do?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. List two adults that you could ask for help with your own goals.

a. \_\_\_\_\_

b. \_\_\_\_\_