

Personal Goal-Setting Worksheet

Name: _____

Students: Write down your goal for the week. Examples could include get ten hours of sleep each night, practice mindfulness each day, etc.

I will:

Write down your plan for achieving your goal.

Who are two adults that can help you?

1- _____

2- _____

Did you achieve your goal?

Yes

No

Not yet



Goal Tracking:

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	