

Goal Setting Worksheet

Setting goals helps us to think about what we want for ourselves. When we write a goal, we are taking the first step in making that goal happen. Goals can remind us why we are working toward something and not to give up when things get difficult.

Part 1: What do I want for myself?

Read and consider the following questions, then write your answer.

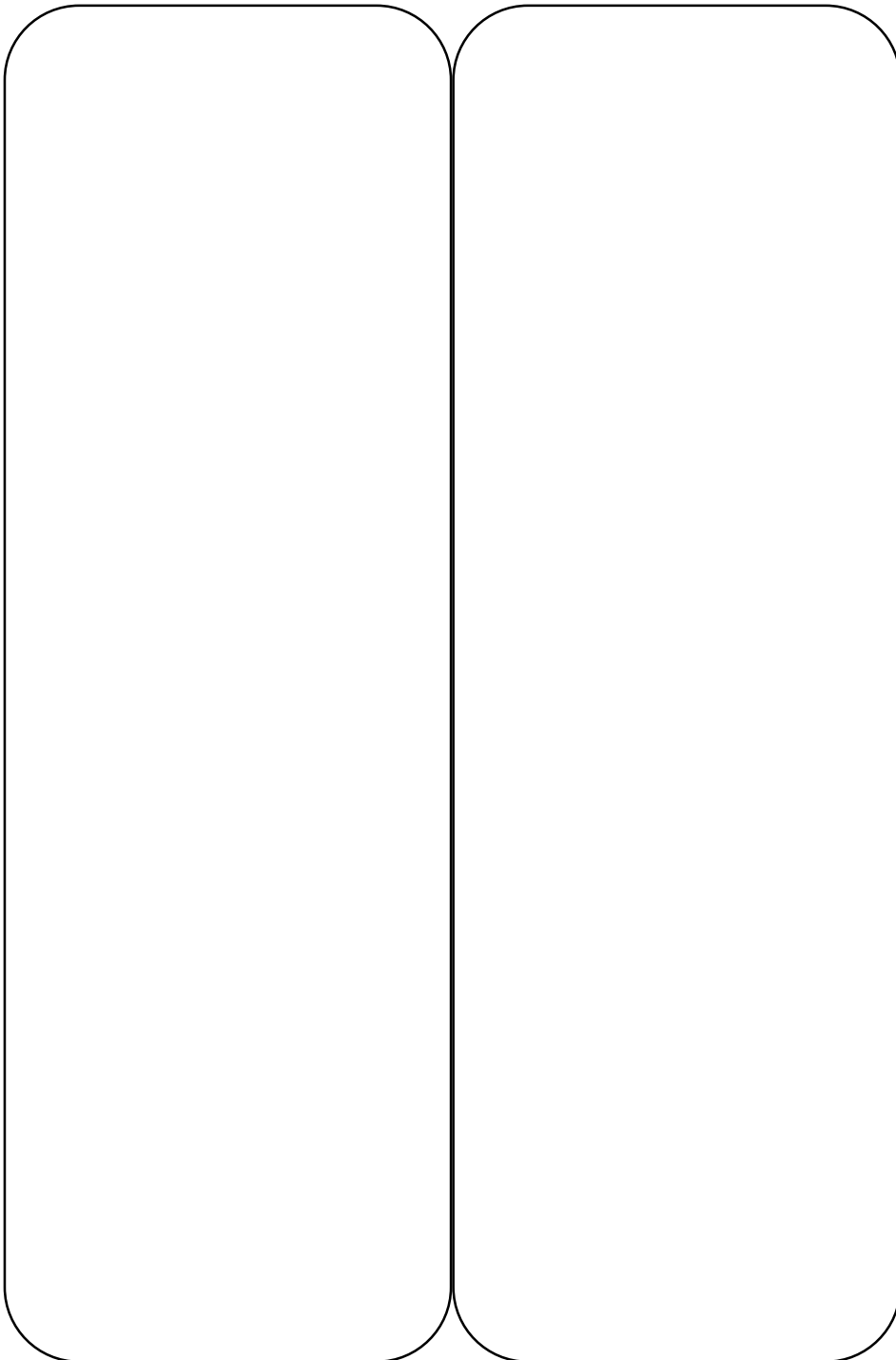
1. What is something I have always wanted to do for my family but haven't been able to do?

2. What is something I have wanted to do for myself that I still hope to do?

Goal Setting Worksheet

Part 2: Make a bookmark.

Write down one of your goals on each of the bookmarks below, then cut out the bookmark.

The image shows two identical, blank bookmark templates. Each template is a vertical rectangle with rounded corners and a thin black outline. They are positioned side-by-side, separated by a small gap. The interior of each bookmark is completely empty, intended for a student to write a goal.