Goal Worksheet

School-age children develop self-esteem when they set goals for themselves and find ways to meet their goals. In *Haley's Goal Worksheet*, Haley's goal was broken into smaller, manageable pieces. When roadblocks were encountered, Haley was able to find other ways to reach her goal.

Think of a school-age child or someone you know who has shared a goal with you. Use your background knowledge about that person to fill in this worksheet. If you get stuck, use your imagination, but try to keep both the goals and the way to achieve the goal realistic. Share your responses with your trainer, coach, or administrator.

_______________________’s Goal Worksheet

**My goal is:**

**I would like to complete my goal by this date:**

**To make my goal easier, I will break it up into the following steps.**

|   |   |   |   |

**My reward for completing this goal will be:**

**I will check my progress 5 times throughout the timeline of my goal. I will record my progress here:**

|   |   |   |   |
If I am having a hard time completing my goal, I will see if I can make changes. I will record my ideas here and if needed, set a new goal.