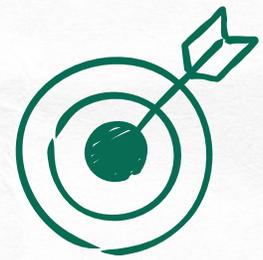


GOAL SETTING:

Directions: Complete this worksheet after watching the video about goal setting and self-advocacy.



STEP 1:

What's My Big Goal?

Write one main goal you want to achieve.

STEP 2:

Why Does This Goal Matter to Me?

How will it help me?

How will I feel when I reach it?

STEP 3:

Break It Down

Mini Goals (Steps to Get There):	Mini goal will be finished by:	✓
①		
②		
③		
④		

RAISE

STEP 4:

My Support Team

Who can encourage me or help me? (friends, family, teacher, coach, etc.)

STEP 5:

My Motivation Boosters

What will I do when things get tough?

STEP 6:

Reward Myself

When I reach my goal, how I will celebrate or reward myself.

STEP 7:

Reflection

How am I doing right now (circle one)?



**I could
use help.**



**A little
stuck...**



**I'm not
sure.**



On track!



**I am
going
above &
beyond!**



How can others help me?

RAISE