

GOAL SETTING

Name _____

Change Challenge: It's Up to Me

Directions: Fill in your name and your goal. Then complete the plan to show how you will reach your goal.

My Goal

I _____
(name)

plan to _____
(goal)

My Action Plan

Steps. I will reach this goal by doing the following things:

When. I will reach this goal by _____
(date)

Helpers. These people and things can help me reach my goal:
