



Goal Setting Worksheet

Year _____

Name: _____

Age: _____

Class: _____

Goal achievement Date: _____

Define a goal: _____

My watch word this year _____

TARGET AREAS

ACADEMIC GOAL <input type="checkbox"/>				
Daily actions	1. _____		2. _____	
	_____	_____	_____	_____
SELFCARE GOAL <input type="checkbox"/>				
Daily actions	1. _____		2. _____	
	_____	_____	_____	_____
GOAL <input type="checkbox"/>				
	1. _____		2. _____	
	_____	_____	_____	_____
GOAL <input type="checkbox"/>				
	1. _____		2. _____	

You know you have reached your goal when you can conveniently tick the purple boxes. If you reach your goal before the end of the time you have set, then maintain the progress till it becomes a habit.

Remember, "A goal is not always meant to be reached only, it often serves simply as something to aim at" Bruce Lee. So aim first then stretch to reach it.