

Goal Setting Worksheet

Name: _____ Class: _____ Date: _____

What Is a Goal?

A goal is something you want to achieve. Setting a goal helps you decide what you want to accomplish and what steps you can take to get there.

My Goal

One thing I would like to achieve is:

1. My Goal

Choose one area for your goal.

- ☐ School
- ☐ Reading
- ☐ Writing
- ☐ Mathematics
- ☐ Sports
- ☐ Art
- ☐ Friendship
- ☐ Personal habit
- ☐ Other: _____

My goal is:

2. Why Is This Goal Important?

My goal is important to me because:

3. My Action Steps

Write three small steps that will help you reach your goal.

Step 1

Step 2

Step 3

4. When Will I Do It?

I will start on _____ :

I would like to achieve my goal by: _____

How often will I practise or work on my goal?

☐ Every day ☐ 3–4 times a week ☐ Once a week ☐ Other:

5. What Do I Need?

Things I may need to achieve my goal:

Someone who can help me: _____

6. What Might Be Difficult?

One challenge I might face is:

I can handle this challenge by:

7. My Progress Tracker Colour or tick a box each time you work towards your goal.

Day	I Worked on My Goal
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Monday	☐
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Tuesday	☐
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Wednesday	☐
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Thursday	☐
----------	--------------------------

Friday	☐
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Saturday	☐
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Sunday	☐
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8. My Success

I will know I have reached my goal when:

9. Reflection

After working on my goal, answer these questions.

Did I reach my goal?

☐ Yes ☐ Almost ☐ Not yet

What did I do well?

What can I improve?

What is my next goal?

MY GOAL PROMISE

I will try my best, take small steps, learn from mistakes, and keep going even when my goal feels difficult.

My signature: _____

Date: _____