

Goals Guide



This year I will:

Try **Do**
Visit **Help**
Learn

(circle one)

*Be specific! For example,
I will visit grandma 1 day a week.*

If I reach my goal I get to:



Make a plan

*What do I need to accomplish my goal?
Who will help me? What are possible
obstacles and how can I overcome them?*

**This is how I will feel
when I achieve my goal**
draw a picture

Signed _____