

Name: _____

Date: _____

Goal Setting: Planning and Reflection Worksheet

I can write a short-term goal, make a plan to achieve it, and reflect on my progress.

My Goal Plan



My Goal

What do you want to achieve?



Obstacles

What might get in my way?



Toolbox

What can I do if I get stuck or need help?







Make a Prediction

How easy or difficult do you think it will be to achieve your goal? Why? How can your tools in your toolbox help you?

My Goal Reflection



Reflect on Your Goal

Did you achieve your goal? If yes, what do you think helped you and what was one positive result? If no, what could you do differently next time?
