



My Goals

Job

Personal life

Where to live



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Job



Personal life



Where to live

Skills to Help Me Reach a Goal



Ask for help.



Do research.



Think about what I need.



Get materials I need.



Tell someone about my goal.



Practice.

PLAN	
1.	_____
2.	_____
3.	_____

Make a plan.

Sample Goal Setting Activity



My goal is: *My goal is to make new friends.*



What steps should I take or what do I need to learn?

I will say hello and introduce myself.

I will join a club.



Who can help me reach my goal?

Friends, parents and teachers.



How long will it take me to reach this goal?

1-4 weeks.



What do I need to reach this goal?

A list of clubs at the school.



How do I practice or work toward my goal?

Talk to my friends, parents and teachers about the new friends I meet.



What questions do I have about my goal?

How do I make friends?



What will I do this week?

I will say hello to someone new in class.



What will I do this month?

I will join a club and go to the meetings.

Goal Setting Activity



My goal is:



What steps should I take or what do I need to learn?



Who can help me reach my goal?



How long will it take me to reach this goal?



What do I need to reach this goal?



How do I practice or work toward my goal?



What questions do I have about my goal?



What will I do this week?



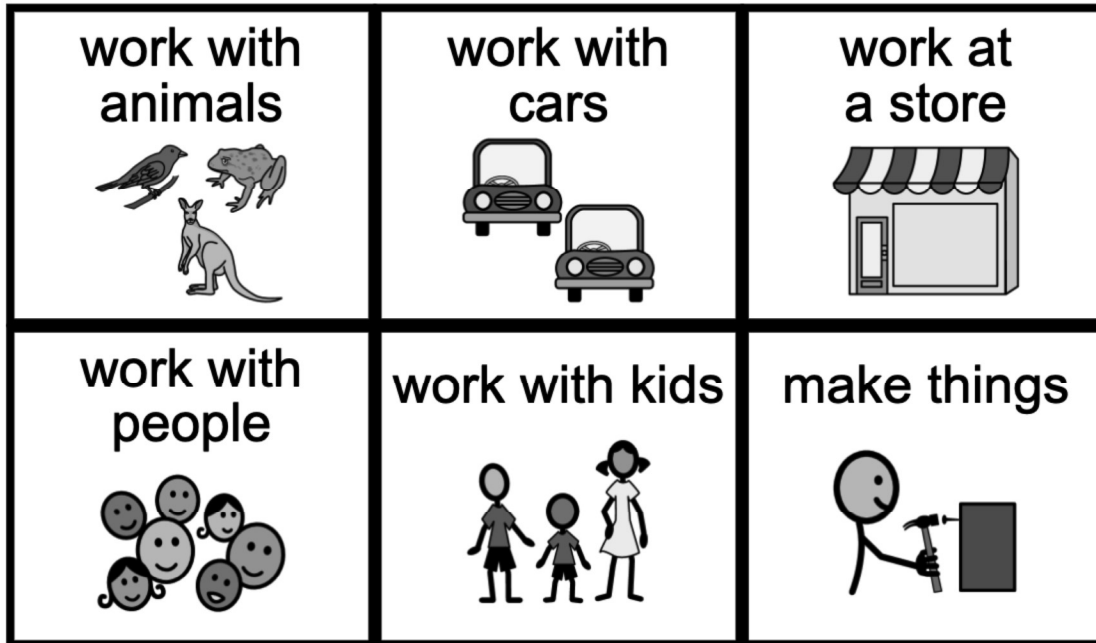
What will I do this month?





For hands-on instruction, print, cut out and laminate.

Job Fill-In Picture Word Cards:








Personal Life Fill-In Picture Word Cards:





For hands-on instruction, print, cut out and laminate.

Where to Live Fill-In Picture Word Cards:

<p>with family</p> 	<p>house</p> 	<p>apartment</p> 
<p>townhome</p> 	<p>condo</p> 	<p>farm</p> 