



# Kids Goal Setting Worksheet

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Name

Date

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**I am really good at:**

**I'd really like to get better at these 3 – 5 things:**

**I will make these changes so that I can be a better me:**

**I will start focusing on each of these areas:**

Very soon (next 1 – 3 months):

Soon (next 3 – 6 months):

In the near future (6 – 12 months):

**If I have a hard time following my plan, I will:**