



GOAL SETTING

What changes would MOST improve your life or help your mood?

With family:

With friends:

At school:

In extra-curriculars (sports, music, work, other):

What do you want to focus on first? Pick one and turn it into one or more steps you can take this week.

Be **specific** about **what** you'll do and **when**, plan for any **obstacles**, and check that each step is **"SMART"** (specific, measurable, appealing, realistic, and time-limited). **TIP:** If you're not at least 90% confident you can follow through...change it up! Make a more solid plan or pick something else.

Plan	Is this step "SMART"?
WHAT I WILL DO: WHEN I WILL DO IT: POSSIBLE OBSTACLES: HOW TO OVERCOME THEM:	
.....HOW DID IT GO?	

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