



## 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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<p>WHAT I WILL DO:</p> <p>WHEN I WILL DO IT:</p> <p>POSSIBLE OBSTACLES:</p> <p>HOW TO OVERCOME THEM:</p>	
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Plan	Is this step "SMART"?
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