

## Goal Setting Worksheet

This worksheet helps you think about a skill that is hard right now and plan steps to get better. First, think about something that has become harder for you to do. It could be at school, at home, at work, or during daily activities.

**Step 1: Name it:** What skill or activity is hard for you right now?

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**Step 2: Where are you now?** How well can you do this skill today? What makes it hard?

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**Step 3: Set a small goal:** What is a small goal you want to reach soon with this skill?

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**Step 4: Do even better:** If you reach your goal and then do even better, what would that look like?

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**Step 5: Knock it out of the park!** What does doing this skill really well all by yourself look like?

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