

- MY BIG GOAL -

What do I want to accomplish?

Why do I want to achieve this goal?

Who is involved?

Where is this goal to be achieved?

When do I want to achieve this goal?

How will you know you achieved this goal?

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↪ This is my main goal ↪

Hand-drawn teal box with a scalloped bottom edge and a spiral top-left corner. It contains three horizontal lines for writing the main goal.

BREAK IT DOWN

MINI-GOAL

ACTION PLAN

DATE

Hand-drawn yellow box with rounded corners. It contains five horizontal lines for writing a mini-goal. At the bottom, it has the text "DEADLINE:" followed by a line for writing a date.

Hand-drawn yellow box with rounded corners. It contains five horizontal lines for writing an action plan, each preceded by a small square checkbox. To the right of the lines are two vertical lines for writing a date.

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Are there any obstacles or challenges that you will face?
Will these be reasons for you to give up?
What can you do to overcome these obstacles?

OBSTACLE

SOLUTION

OBSTACLE

SOLUTION

IF I WANT TO GIVE UP ON MY GOAL, I WILL

- ASK FOR HELP TO MY PARENTS.
- FOCUS ON HOW CAN I IMPROVE.
- REMEMBER THE REASON WHY I STARTED.
- CELEBRATE MY MINI-GOALS. THEY TOOK EFFORT AND DETERMINATION.