

**Name:**

**Date:**

**My Age:**

What is the main goal I want to achieve?

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Why is this goal important to me?

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How will my life improve after reaching this goal?

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## Circle Your Goal Category:

- School
- Health
- Reading
- Sports
- Behavior
- Confidence
- Organization
- Other: \_\_\_\_\_

## Specific Goal Details

What exactly do I want to accomplish?

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What small details should I focus on?

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What does success look like for this goal?

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Draw or describe your goal:

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# Measurable Progress

How will I measure my progress?

- Daily
- Weekly
- Monthly

What results do I want to see?

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My Progress Score.



## Achievable Steps

What small steps can help me reach my goal?

Step 1

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Step 2

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Step 3

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Step 4

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What tools or support do I need?

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Who can help me stay on track?

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## Relevant Motivation

Why does this goal matter to me?

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How will this goal help my future?

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What motivates me to keep trying?

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My Favorite Motivational Quote:

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Target Deadline

My Goal Start Date:

My Goal Completion Date:



# Weekly Goal Tracker

Week

What I Completed

What I Need To Improve

Week 1

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Week 2

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Week 3

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Week 4

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# Weekly Goal Tracker

Week

What I Completed

What I Need To Improve

Week 1

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Week 2

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Week 3

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Week 4

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# Final Reflection

Did I achieve my goal?

Yes

Almost

Still Working On It

What did I learn from this experience?

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What was the hardest part?

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What is my next goal?

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Every big success starts with one small step. Keep believing in yourself and never give up!