

2.5

Practicing

Goal #1

Goal #2

Steps to Reaching My Goal

How I Will Celebrate Reaching My Goal

Reflecting

Reflect on what you've learned about goal setting in this lesson.



What are the Steps to Success?



How do you think the smaller steps help you meet your goal? How do you feel about your own goals?

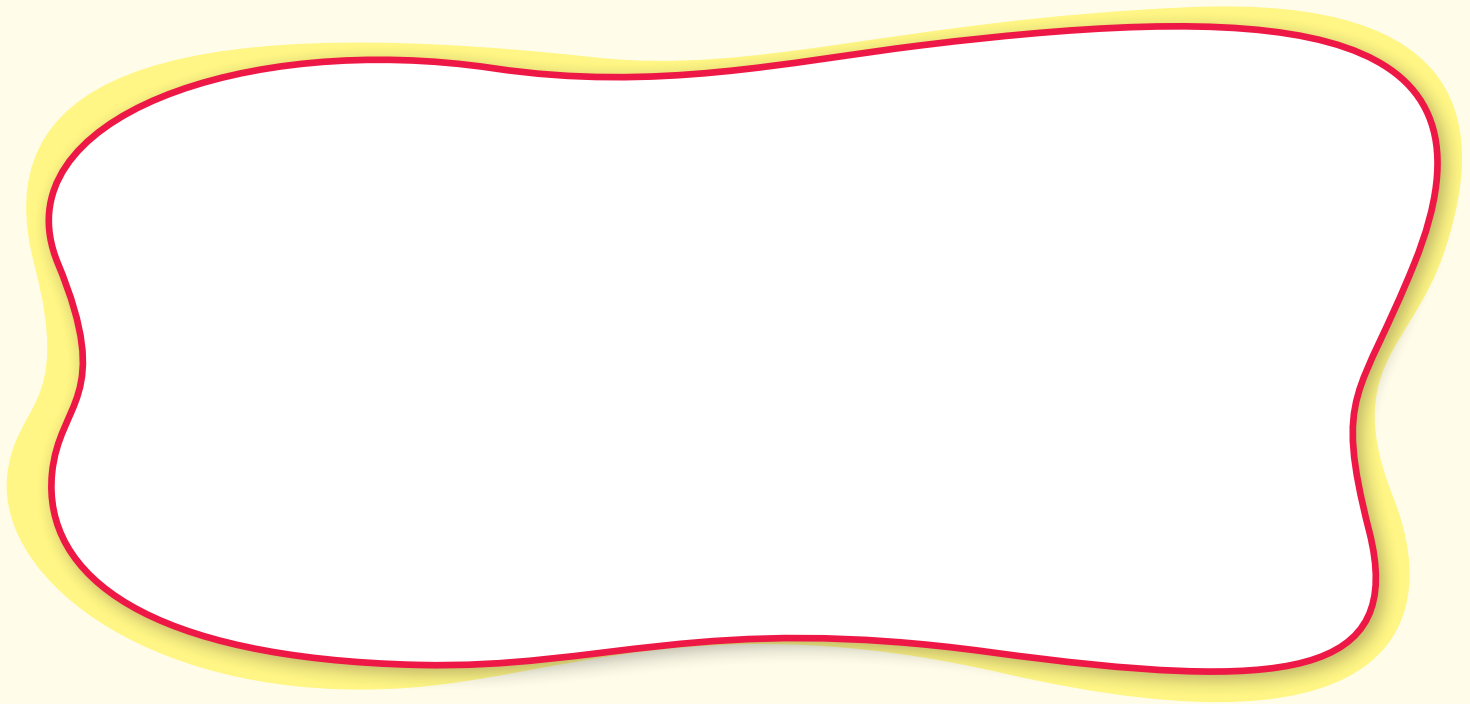


How do you think setting realistic goals will help you in the future?

Applying

Friends and family can help you achieve goals. You can help others achieve goals. Draw and label a picture of people who might support you in reaching a goal. Then draw and label a picture of someone you can help support in reaching a goal.

People that can help support me to reach a goal:



People who I can help support to reach a goal:

