

# ◆ Family Activity ◆

## Setting Goals

My name is \_\_\_\_\_ Today's date is \_\_\_\_\_

1. Tell your parent(s) or an adult you trust about the long and short-term goals you set for yourself this week. (Remember the posters you made from magazine clippings!) With your parent(s) or an adult you trust, write each of the four goals in the spaces below.

<b>Future Goals</b>	
Next Week or Next Month	Next Year
Next 5 Years	Next 20 Years

2. Ask your parent or trusted adult what she/he thinks of your goals and write her/his comments here:
  
  
  
3. Ask your parent or trusted adult to share a goal he/she set in the past. Ask your parent or trusted adult: how did you reach that goal? What steps did you take to reach your goals? Write your parent's or trusted adult's answers below.

<b>STEP 1</b> (write above)	<b>STEP 2</b> (write above)	<b>STEP 3</b> (write above)	<b>GOAL</b> (write your parent/ adult's goal above)
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