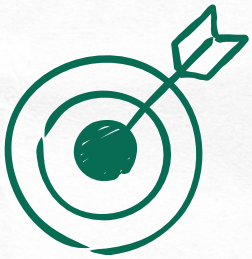
GOAL SETTING:

Directions: Complete this worksheet after watching the video about goal setting and self-advocacy.



STEP 1:

What's My Big Goal?

Write one main goal you want to achieve.

STEP 2:

Why Does This Goal Matter to Me?

How will it help me?

How will I feel when I reach it?

STEP 3:

Break It Down

Mini Goals (Steps to Get There):	Mini goal will be finished by:	✓
1		
2		
3		
4		

RAISE

The RAISE Center is a project of the SPAN Parent Advocacy Network and is funded by the US Department of Education's Rehabilitation Service Administration. The contents of this resource were developed under a cooperative agreement with the US Department of Education (H235G200007)). However, the contents do not necessarily represent the policy of the Department of Education and should not assume endorsement by the federal government.

STEP 4:

My Support Team

Who can encourage me or help me? (friends, family, teacher, coach, etc.)

STEP 5:

My Motivation Boosters

What will I do when things get tough?

STEP 6:

Reward Myself

When I reach my goal, how I will celebrate or reward myself:

STEP 7:

Reflection

How am I doing right now (circle one)?



How can others help me?

RAISE

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