

# My Goal Map Activity

This is the first of two activities to help your child begin the planning process. “My Goal Map” encourages users to select a goal and then go through the seven steps that will guide them through the process. It may be helpful to initially select a short-term, concrete goal that can be attained in a short period of time. The success and experience gained from this activity will provide insight and motivation for setting long-term goals.

Setting goals can be fun. By setting a goal and working toward it, you can help make your life how you want it. Here is a guide to help you set goals. First decide on something that you would like to accomplish.

**1 My goal.** Write out the goal you want to work toward. The goal must be stated clearly and specifically. Saying, “I will be at school every day, and complete all work each day” is better than saying “I will try to do better.”

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**2 Why I want to achieve this goal.** List as many reasons as you can. This list will help you keep working toward your goal, even if it gets hard! Read it often to remind yourself. The goal needs to be consistent with your values and beliefs.

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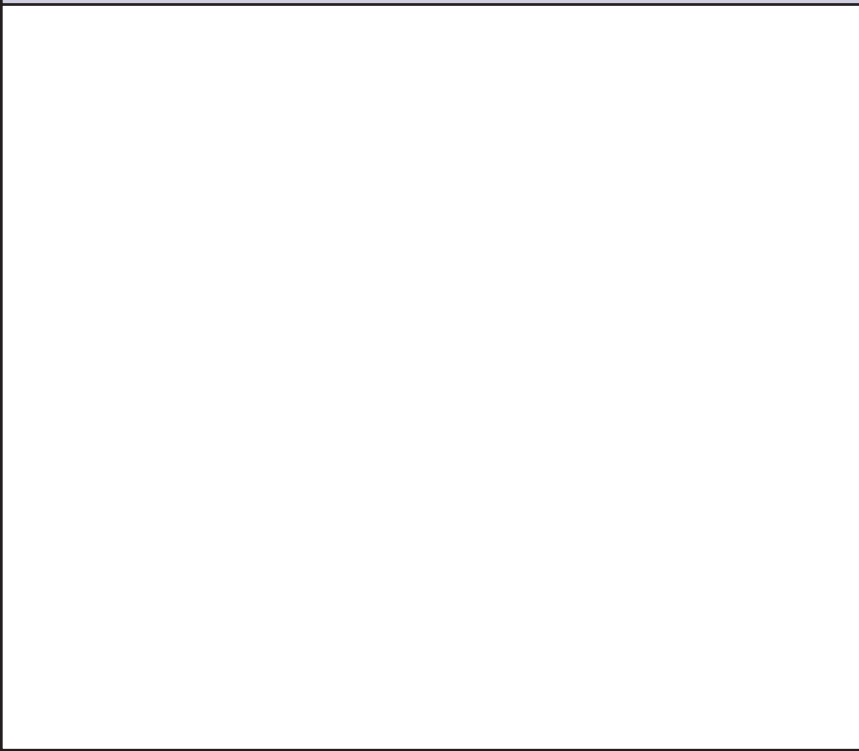
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**3 Steps I will take.** This is what you will do to reach your goal. List the steps in the order you plan to do them. Goals must state a period of time. For example: “I will work on my homework each night from 6:00 p.m. to 7:00 p.m.”

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**4**

**A picture of my goal.** Make a picture that helps you see your goal clearly. Draw a picture of your goal or cut one out of a magazine.



**6**

**How's it going?** Make a record after you have been working toward your goal for a while. Even though others may help you over time, ultimately the responsibility for work and effort belongs to you.

Date \_\_\_\_\_

Comments \_\_\_\_\_

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**5**

**Keep this in mind.** What do you remember if you feel like giving up?

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**7**

**When I'm finished.** Fill out this section when you have finished working toward your goal. What did you learn about goal setting, yourself, or life as you worked toward this goal?

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Keep this Goal Map where you can see it. It will help you remember your goal. Congratulate and reward yourself when you have achieved your goal!