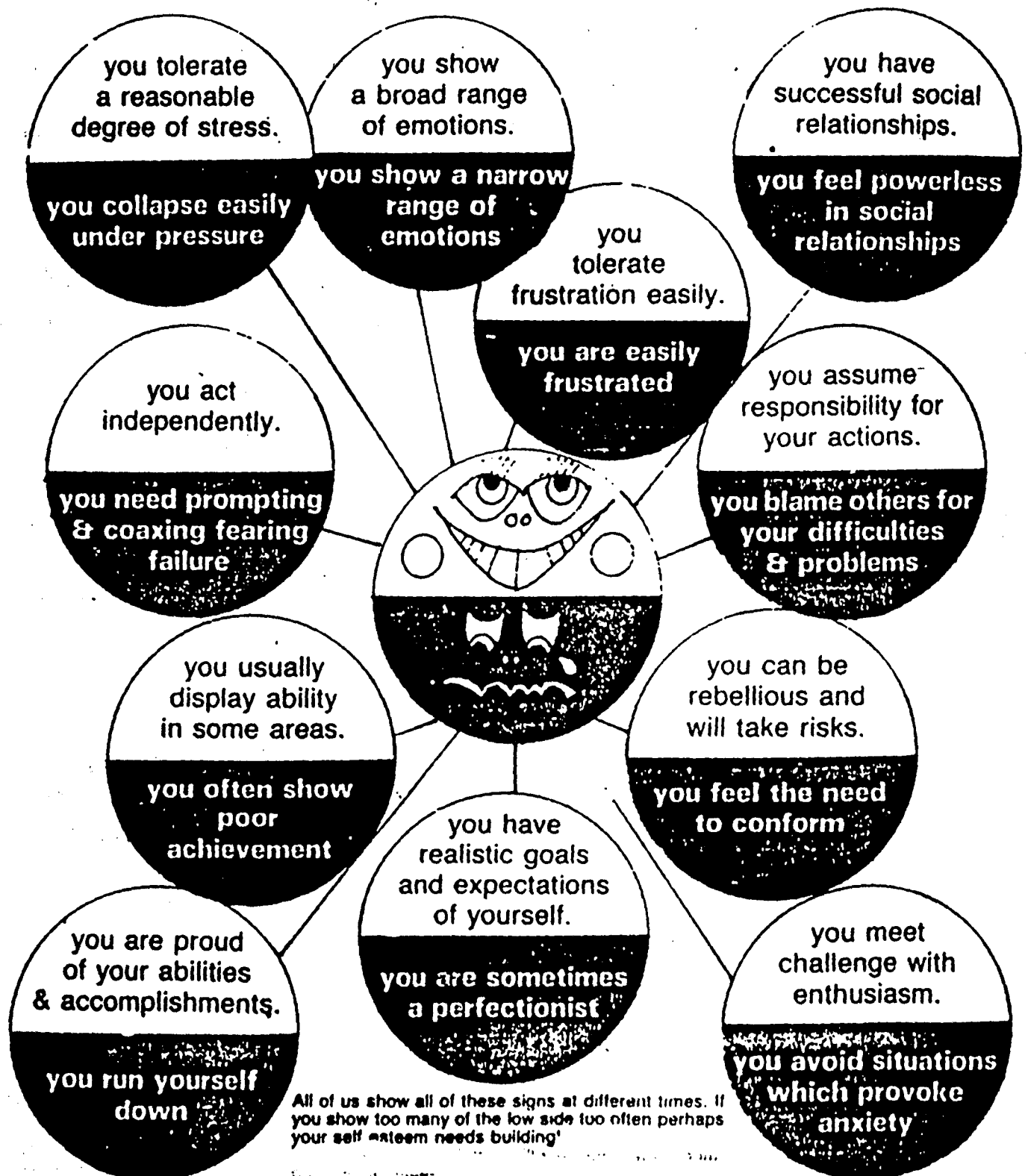


do you have high or low self esteem?



A good activity to introduce

This sheet may be useful
for group sharing and discussion
in your TAG's

TRACY JERNIN

GOAL SETTING SHEET

Name _____

Write one goal which can be met within the school year. (Remember to have a measurable goal.)

1. Goal: _____

2. What could keep me from reaching this goal? (Check any that apply.)

_____ I don't really have the skills or knowledge that I need.

_____ I don't want it badly enough to work for it.

_____ I'm afraid I might fail.

_____ I'm afraid of what others will think.

_____ Others don't want me to reach my goal.

_____ The goal is really too hard to ever reach.

Some other reasons might be: _____

3. What are some things I could do so these things won't keep me from reaching my goal?

4. Who can help me? (Name) _____ How can they help?

5. What are my chances of success?

_____ Very Good _____ Good _____ Fair _____ Poor _____ Very Poor