

A goal is anything we want to do, *along with a deadline*. It's important to give ourselves a "due date" for our goals (whether it be a day, a month, a year, or even 20 years!) For starters, take each of the time periods below, and write down ONE goal for each that you have for yourself by the end of that time

1)...by the end of today	2)...by the end of the week	3)...by the end of this month	4)...by the end of the school year

Now, think of some more long-term goals, something you want to do...

5)...in 5 years	6)...in 10 years	7)...in 25 years

Now, for each of the goals listed above, name ONE thing you can do TODAY to help you reach that goal!

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

With any goal you want to reach, remember: you don't have to go it alone! Take some of your longer-term goals (5 years, 10 years, 25 years), and think of some people that could help you reach those goals. List some of those people below, and describe how they would be able to help you reach your goals:

Person	How they could help me reach my goals