



**GOAL:** Declare your goal by writing it on the line below.

\_\_\_\_\_

Tip: to increase your commitment to this goal, tell another person.

**Steps to Achieve Goal**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Time Frame**

What is a reasonable time frame for completing your goal and each step?

For Step 1? \_\_\_\_\_

For Step 2? \_\_\_\_\_

For Step 3? \_\_\_\_\_

For Overall Goal? \_\_\_\_\_

**Self-Rewards:** Create your own reward system.

1. \_\_\_\_\_ for completing Step 1.

2. \_\_\_\_\_ for completing Step 2.

3. \_\_\_\_\_ for completing Step 3.

Tip: Set small rewards for step completion.

Establish a larger reward for accomplishing the overall goal.

Be creative. Rewards do not have to be material goods. They can be as simple as a stroll, a music break, an ice cream cone, or a movie.

**Self-Coaching:** Create three encouraging statements that you will say to push yourself to meet your goals.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Examples: I can do it! I am a fighter. Persistence pays off; hang in there.

**Visualization:**

Imagine yourself completing the goal.

Believe in Yourself!!!

**Evaluate:** Give yourself feedback.

Evaluate your performance by asking questions such as...

1. Am I successfully completing each step?
2. Am I completing each step on time?
3. What could I do differently?
4. Should I adopt new strategies?
5. Should I change anything?

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**Modify:** Modify your goals or create new ones.

**GOAL:**

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**Steps to Achieve Goal**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_