

You Can Do It—Short-Term Goal

the journey of adolescence

NAME: _____ DATE: _____

Fill in the information below.

Is it:
Specific?
Measurable?
Attainable?

1. State your purpose and a realistic short-term goal:

Purpose

Goal

2. List the steps you will take to reach your goal:

1.

2.

3.

3. Consider the possible blocks and ways to deal with them:

BLOCKS

SOLUTIONS

4. Make a timeline.

Mark when you will reach each step and your final goal.



NOW

DEADLINE

5. Build a support system.

List other people who can help you meet your goal.

You Can Do It—Long-Term Goal

the journey of adolescence

NAME: _____ DATE: _____

Fill in the information below.

1. State your purpose and a realistic long-term goal:

Purpose

Goal

2. List the steps you will take to reach your goal:

1.

2.

3.

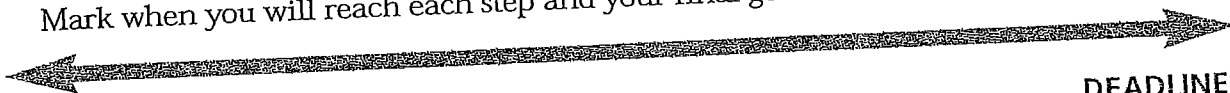
3. Consider the possible blocks and ways to deal with them:

BLOCKS

SOLUTIONS

4. Make a timeline.

Mark when you will reach each step and your final goal.



NOW

DEADLINE

5. Build a support system.

List other people who can help you meet your goal.

