



's

Goal Planning Worksheet

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Goal Statement: _____

What caused this to be a goal? _____

Why is this goal important? _____

Why is this a hard goal? _____

What actions and/or words can be used to accomplish this goal?

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Weekly Goal Worksheet

This week my goal is to: _____

Why this goal is important: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Place gold star reward sticker in daily box if goal is achieved.

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Weekly Goals Worksheet

This week my goals are to: _____

These are important because: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Place gold star reward sticker in daily box if goals are achieved.

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_____ 's Monthly Goal Tracking Chart

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

29	30	31
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For the Month of: _____

My goal is to: _____

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