



# Goal Keeper

Think of a short-term goal, one that can be completed in a week. Using the space provided below, state your goal. Then check to see if your goal meets the goal-naming criteria by answering the questions that follow.



My short-term goal is:



**Personal** – Is it important to me?

Why is this goal important to you?



**Possible** – Do I have the time and the resources to make it happen?  
Explain your answer.



**Positive** – Did I state my goal as something I will do rather than something I won't do?



**Specific** – Does my goal specify an activity and a deadline that I can meet?  
Explain your answer.



## Goal Getter!

List four actions you need to take to reach your goal.



## My Resources

List three resources, people or things, you can rely upon for help or support in reaching your goal.