

Name:

Date:

Where Will You Be?

7 Life Boxes

SMART- Specific - Measurable - Attainable - Realistic - Timed

Rate Importance 1-7

School

- 1.
- 2.

Communication

- 1.
- 2.

Health

- 1.
- 2.

Family & Friends
back home

- 1.
- 2.

Host Family

- 1.
- 2.

New
Friends

- 1.
- 2.

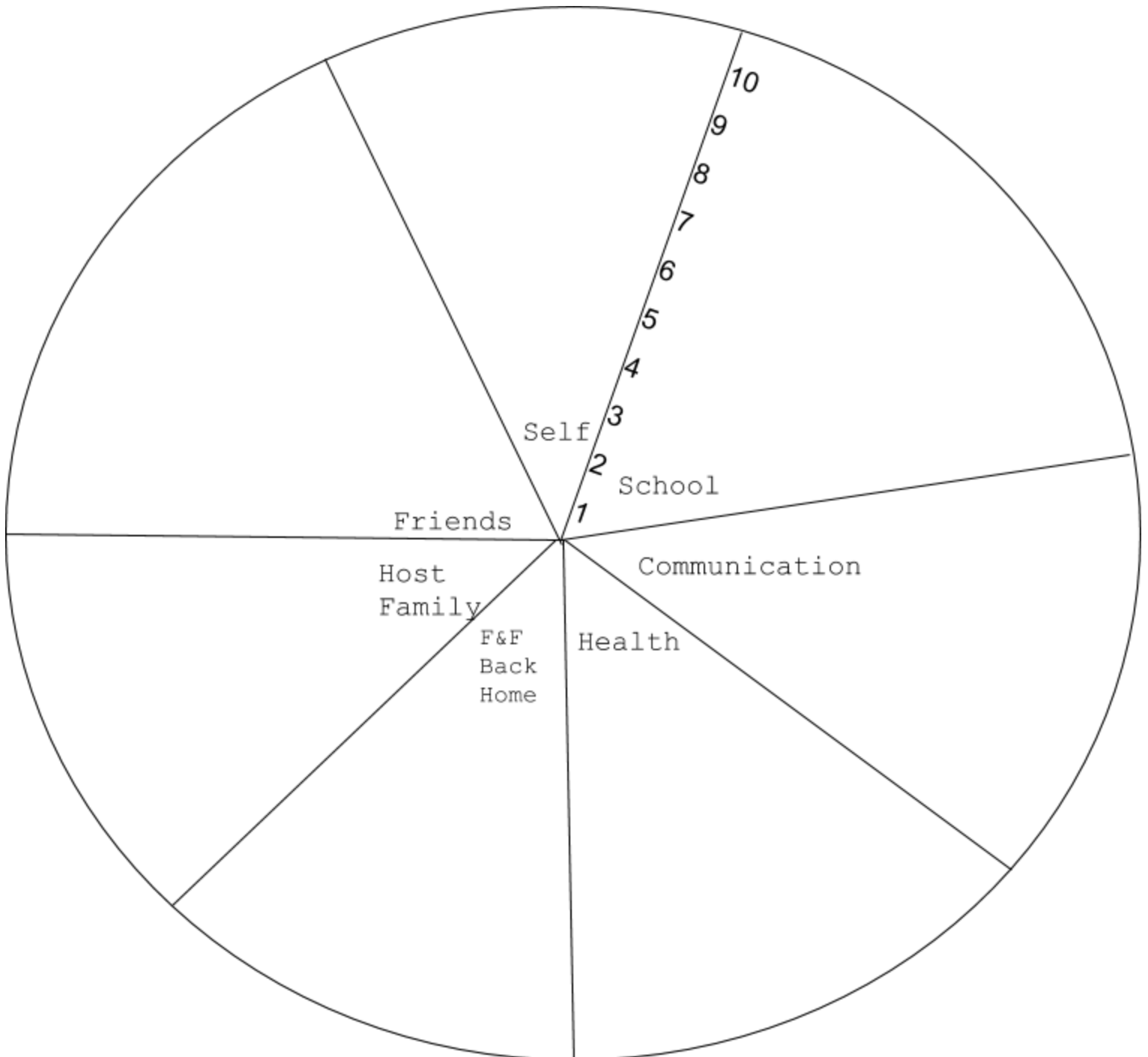
Self

- 1.
- 2.

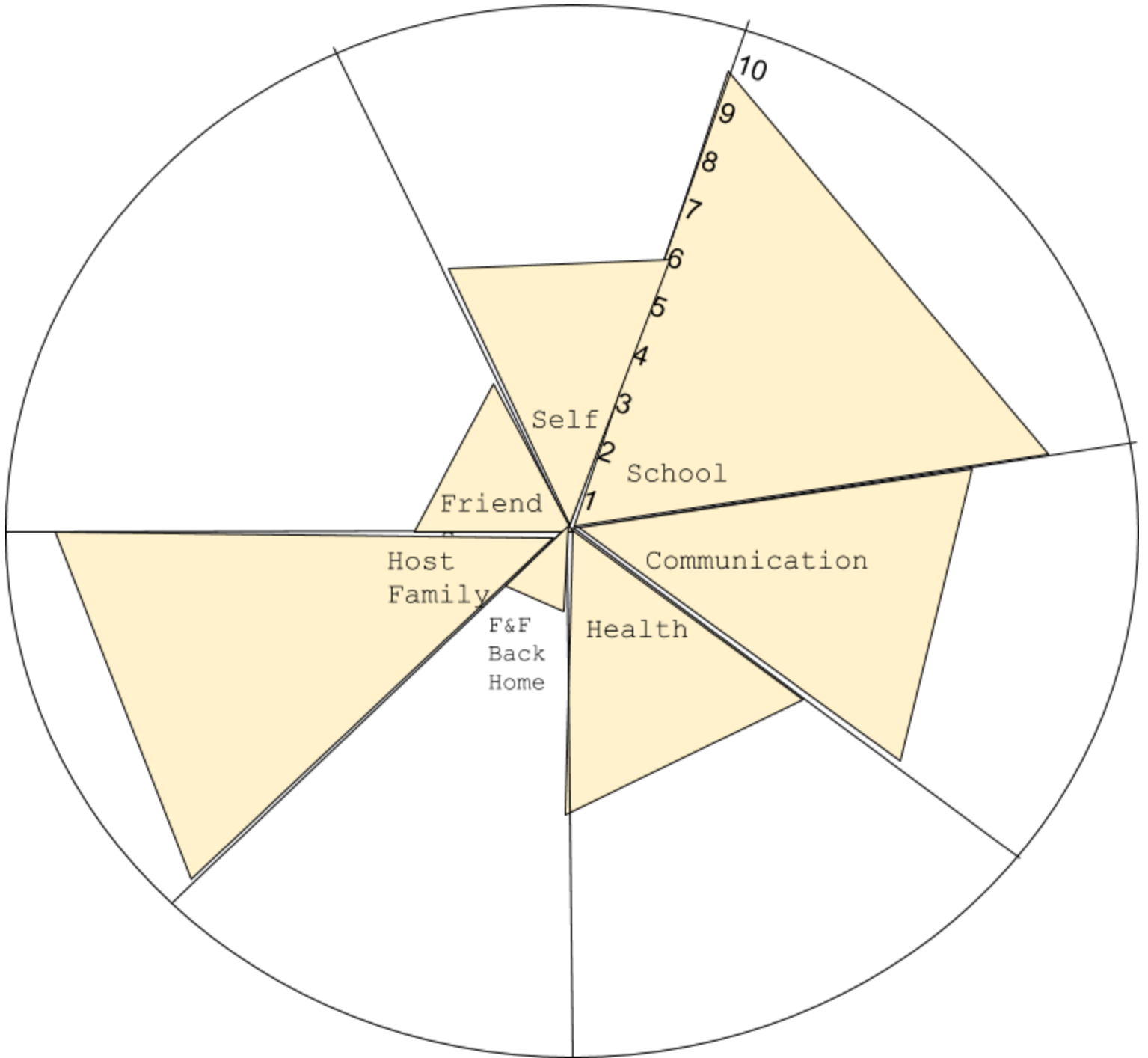
Your most important GOAL to focus on:

EXCHANGE STUDENTS

Rate these areas in your life on a scale of 1 to 10, starting in the middle is 1 - not satisfied, and 10 - highly satisfied, is all the way out to the outer edge of the circle. Draw a line in each piece of the pie to represent how satisfied and strong you feel in each of these areas. You can color them in up to the spot you feel you are in.



EXAMPLE



EXAMPLES OF GOALS

- Talk to parents once a month
- Ask a friend for a ride home
- Ask a friend to go to the movies
- Play a game once a week with my siblings
- Make a dinner for my family once a month
- Make a dessert for my family once a month
- Give a school presentation once a month about my country and exchange program
- Drink 8 glasses of water each day
- Drink less than 4 sodas a week
- Sleep 9 hours a night
- Turn phone off after 10 pm
- Talk with friends back home one day a month
- Join 2 clubs
- Join the track team
- Take the SAT
- Take an AP class and test
- Get an A on an English assignment
- Go to PROM
- Dream in English
- Volunteer 10+ hours at a non-profit

Name:
Date:

Where Will You Be?

7 Life Boxes (Siblings)

Rate Importance 1-7

Health

- 1.
- 2.

Money

- 1.
- 2.

School

- 1.
- 2.

Family

- 1.
- 2.

Spirituality

- 1.
- 2.

Friends

- 1.
- 2.

Self

- 1.
- 2.

Your most important GOAL to focus on:

Name:

Date:

Where Will You Be?

7 Life Boxes(Parents)

Rate Importance 1-7

Work

- 1.
- 2.

Money

- 1.
- 2.

Love Life

- 1.
- 2.

Family

- 1.
- 2.

Spirituality

- 1.
- 2.

Friends

- 1.
- 2.

Self

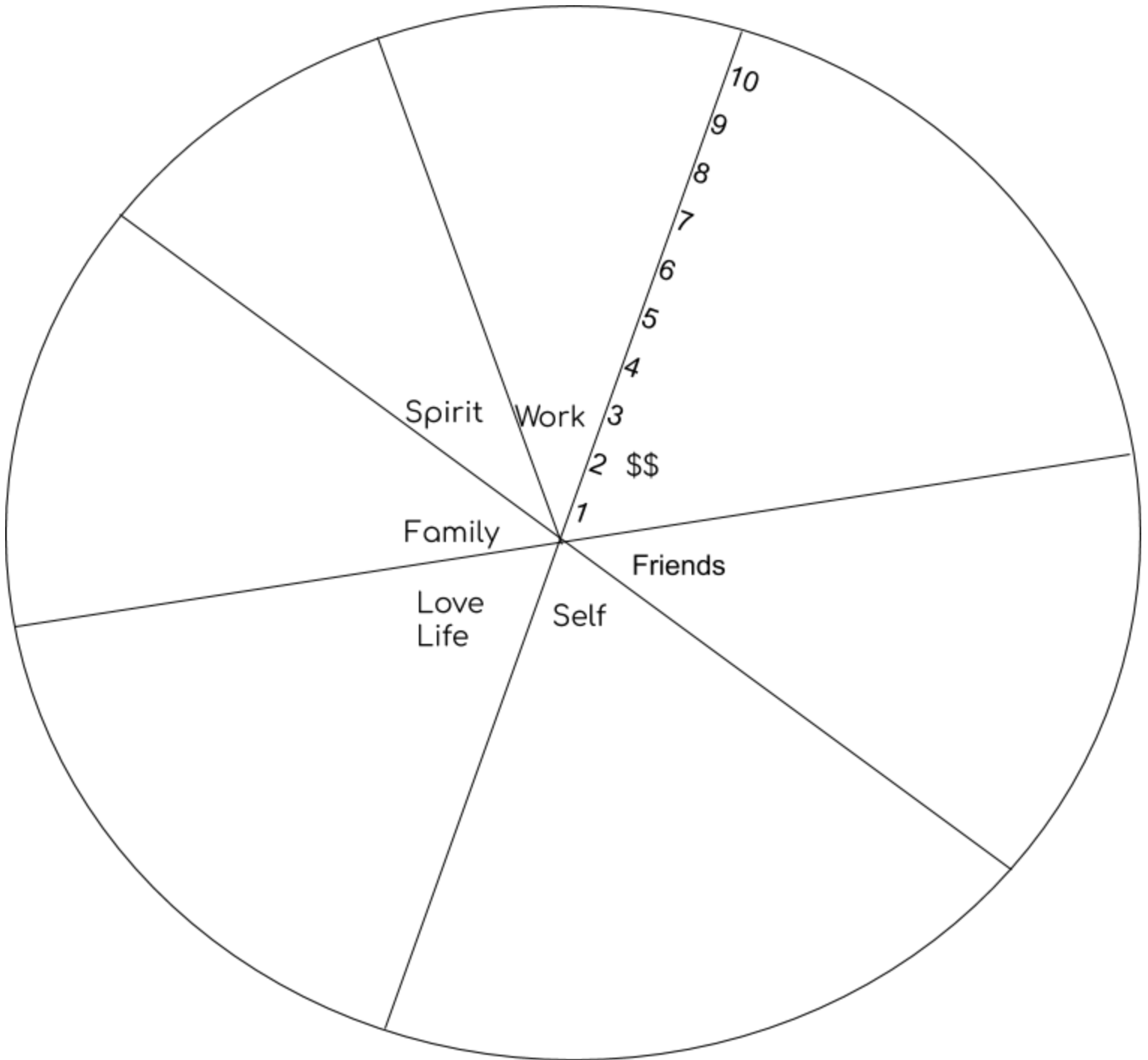
- 1.
- 2.

Your most important GOAL to focus on:

SMART- Specific - Measurable - Attainable - Realistic - Timed

PARENTS

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SIBLINGS

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