Goals and Change

Change and goals go hand in hand. Think of something you would like to change about yourself either physically or socially. For instance, saving more money, losing weight, becoming more active, improving grades. All of these changes would result in setting goals.

Physical *(More active, less active, appearance, state of health, improved sports/exercise....)*

What physical change would you like to see in yourself?_____

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_____

Why? _____

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How Could You Make This Change? _____

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_____

Now, State the Goal: *(Be specific, make it measurable, attainable and time sensitive.)*

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Social *(More respectful, be a better friend, get along with others, show empathy, cooperate....)*

What social change would you like to see in yourself?_____

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Why? _____

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How Could You Make This Change? _____

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Now, State the Goal: *(Be specific, make it measurable, attainable and time sensitive.)*

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