

Goal for the Day:

Solving problems can be easy if you set a goal for yourself to reach! Choose something you want to make sure you do by the end of the day. Think of what you will need to do to make sure you reach your goal. Use this chart to help you stay on track. Good Luck!



My Goal for the Day is _____

Here are some steps I will take to meet my goal:

1. _____ []

2. _____ []

3. _____ []

I did it! I reached my goal for the day! I feel _____!

My grown-up says this about my goal setting and getting:

_____.

