GOAL BUILDER

Name:

Date:

A good goal is small enough to start this week, and it plans for what might get in the way.

1 My goal

I want to... (make it something you can actually do, not just “be better at math”)

2 Why it matters to me

3 A strength I can use

Something I’m already good at that could help:

4 My first tiny step

So small it feels almost too easy.

When? _____ **Where?** _____

5 Plan for the bumps

What’s most likely to get in the way?

If _____

then I’ll _____

6 Check in after one week

How did it go? Circle one.

Didn't start yet | **Started** | **Some days** | **Most days** | **Nailed it**

What helped? What will I keep, change or try next?

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