

# Goal Setting Worksheet

Goal setting is an essential skill for children to learn early on. When children grow up having the tools and skills needed to set valuable goals, they are more likely to succeed, feel confident, and go after their dreams. This worksheet will help your child accomplish their goals and feel inspired to keep going.

My goal is:

## Smart Goals

S-Specific  
M-Measurable  
A-Achievable  
R-Relevant  
T-Time Based

Goal Completion Date:

Steps to Completing My Goal:

1.

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2.

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3.

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4.

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5.

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