

**What is a goal?**

A goal is something that you want to do, make happen or achieve in your life. A goal is something that is important to you and you actively work to reach it.

**Steps for goal-setting**

1. Decide what your goal is and write it down.

2. Create a plan that includes everything you need to do.

3. Think about challenges you may face and how you will overcome them.

4. Stick to it!!! Don’t give up!!!

5. Reach goal ☺

**Why is goal setting important? Reasons why I need to learn to set goals:**

1.

2.

3.