



Goal-Setting Grades 3-5

Language of Health Literacy:

I could be better at ____ because ____.

I want to improve my ability to ____ because ____.

Step 1

When a goal is ____, it means ____.

____ (component of SMART Goal) goals are easier to achieve because ____.

Step 2

____ will help me achieve my goal because ____

I am going to ask ____ for help because ____.

I am going to ____ to reach my goal. This will help me reach my goal because ____.

The first step I need to take to reach my goal is ____ because ____.

Something I need to do to reach my goal is ____ because ____.

Step 3



Step 1: Identify an Area of Growth

Sub Skills:

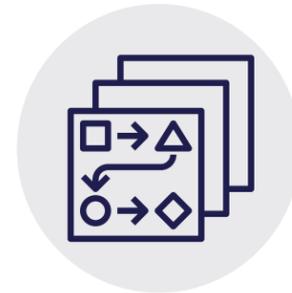
- Check how I am doing
- Identify an area of growth



Step 2: Create a SMART Goal

Sub Skills:

- Define SMART Goal
- Write a SMART Goal



Step 3: Make a Plan

Sub Skills:

- Identify trusted adults & resources
- Identify specific actions to take
- Track progress over time



Step 4: Look Back & Learn

Reflection Questions:

- Did I reach my goal? Why or why not?
- Did I use the help and/or support I identified? Why or why not?
- Did I use the right help and/or support? Why or why not?
- What should I celebrate?