



# Goal-Setting Grades PreK-2

## Language of Health Literacy:

I think I am doing a great job with \_\_\_\_.

I think I am okay at \_\_\_\_.

I think I could be better at \_\_\_\_.

I would like to learn/grow \_\_\_\_.

I would like to learn/grow \_\_\_\_ because \_\_\_\_.

### Step 1

A goal is \_\_\_\_.

Goals are important because \_\_\_\_.

This week/today, I will \_\_\_\_ (goal) by \_\_\_\_ (action).

### Step 2

I am going to \_\_\_\_.

I will \_\_\_\_.

\_\_\_\_ can help me reach my goal.

I could ask \_\_\_\_ for help.

I have done \_\_\_\_.

I feel \_\_\_\_ (happy/sad/good/bad) about \_\_\_\_.

### Step 3



## Step 1: Pick Need for Growth

### Sub Skills:

- See how I am doing
- Pick need for growth



## Step 2: Create My Goal

### Sub Skills:

- Define a goal
- Create my goal



## Step 3: Make a Plan

### Sub Skills:

- Pick steps to achieve goal
- Name trusted adults
- Check how I am doing with goal



## Step 4: Look Back & Learn

### Reflection Questions:

- Did I ask for help while working to reach my goal? Why or why not?
- Why did I reach my goal? / Why didn't I reach my goal?
- What am I proud about?
- What do I wish I had done better?
- What made it hard for me to reach my goal?
- What would I do differently next time?