**Step 1: Goal Setting**

**Student Version**

1. What is your dream? What do you want to be doing 3-5 years from now?
2. What could help you reach your dream? What could school, family, or other people do and what could you do? What opportunities are already available that could help?
3. What is keeping you from your dream? What are the challenges that are making it hard? What are some of your fears if you don’t get to reach your dream?
4. Choices are very important for everyone. Examples of big choices most people have is the type of work they will do for money, the type of fun activities they do in the evenings and weekends, where and when they go for shopping or fun activities, friends to do things with, etc. Some smaller choices most people have each day is what they wear, the clothes they buy, what they eat for breakfast, lunch, and dinner, etc. What choices do you get to make most days? What choices do you wish you could make most days?
5. Who are the most important people in your life? They can include people from school, people from your family, friends, girlfriends or boyfriends, people who live in the city or other important people who may live further away? Are there any people you wish could be included as important people?

**Step 1: Goal Setting-Student Version**

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| WHAT BEHAVIORS DO YOU WISH YOU WOULDN’T DO SO MUCH IN SCHOOL? | |
| Target Behavior(s): | Definition: |
| WHAT BEHAVIORS DO YOU WISH YOU WOULD DO MORE IN SCHOOL? WHAT BEHAVIORS WOULD YOU LIKE TO DO MORE THAT WOULD LET YOU MEET YOUR GOALS? | |
| Target Behavior(s): | Definition: |