

Templates, Planners & Contracts for Differently Wired Kids



GOAL SETTING

Goal Setting

Goal Planning Worksheet: This worksheet helps break BIG goals down into smaller, doable steps. Asher fills this out for big goals, and then we check-in with it every week (or sometimes every morning) and update as necessary.

The BIG GOAL Worksheet: A simplified version of the Goal Planning Worksheet, I used to print this out with Minecraft art on it and post it on his wall, so he could keep his big GOAL front of mind.

Goals of the Week: We fill this out together every Monday morning so we can have a big-picture view of the overall goals for the week (both school and personal). Then we check in with it every morning to ensure he's on track to reach those goals.

GOAL PLANNING WORKSHEET

Big Goal:

Deadline:

How will I know I have accomplished the goal?

How will I feel when I've reached my goal?

Mini-steps to accomplish goal:

1.

2.

3.

4.

5.

6.

7.

8.

THE BIG GOAL

I will (goal):

By (date):

I will know I have completed this goal when:

My personal "why" for pursuing this goal is:

Goals of the Week