



Setting and Reaching Goals

Directions: Students will review their goals letter and reflect on those they wish to accomplish. Please complete this worksheet reflecting on what **you must do to make you dreams come true.**

Goals I Wish to Accomplish	What I Might Need to Know About	Ways I Could Find Out About These Things	What Else I Might Need to Make it Happen	Self-Defeating Behaviors I Must Overcome

Adapted from *Take it to the Next Level: Making Your Life What You Want It to Be*, copyright © 2004 by Search Institute. Developmental Assets™ are positive factors within young people, families, communities, schools, and other settings that research has found to be important in promoting young people's development. This handout maybe reproduced for educational, noncommercial uses only (with this copyright line). From *Mentoring for Meaningful Results: Asset-Building Tips, Tools, and Activities for Youth and Adults*. Copyright © 2006 by Search InstituteSM; 800-888-7828; www.search-institute.org

(Place in binder)