

My Personal Goal Journal

You will need the following materials to complete this assignment:

-4 sheets of white paper

-Colored pencils or markers

-Stapler

-Discovering Life Skills Textbook- pgs. 116-121

1. "Your Name"- your name and 3 pictures of goals you have for yourself
2. "Definitions": Define the following words: goal, long-term goal and short-term goal, attitude, priority and trade-off
3. "5 Tips to help make goals realistic": List the 5 tips to help make your goals realistic (pg. 118 in text- red bullets at bottom of page)
4. "Long-term goals": List 3 Long-term goals- for each goal you will also need to include a list of what you will do to reach each goal (3 per goals) (see text pg. 118-119)
5. "Short-term Goals": List 3 short-term goals- for each goal you will also need to include a list of what you will do to reach each goal (3 per goals) (see text pg. 118-119)
6. "Reaching Short-term": Explain how you will feel after you reach your short-term goals (3-5 sentences total)
7. "Reaching Long-term": Explain how you will feel after you reach your long-term goals (3 -5 sentences total)
8. "Success and Disappointment": Answer the following question: No one likes to fail, but sometimes it happens. "How can you turn a goal that was not reached into a positive experience?"