My goal

This page is for you, and you can skip it if you like. You can fill it in yourself, or tell a grown-up what to write.

Name _____ **Date** _____

My goal

One goal I care about, for me:

_____

My steps

1. I pick one goal that matters to me, not only to my grown-up.
2. Each day, I name one step I can do today.
3. I do that step. If my grown-up reminds me once, it can still be Yes. If I need two or more reminders, or I only do part of it, it is Almost.

   If I finish the step fast and it feels easy, that's a Yes. Next time I pick a slightly bigger step.

   If no step happens, I make it smaller once. If I still can't, that's okay. We try again tomorrow, and I circle Not yet. Tomorrow I start with the smaller step.
4. Later, my grown-up and I check. Did I take today's step toward my goal?
5. Once a week, I show my grown-up what I did and pick next week's step.

Name _____ Date _____

My check

Each day I practice, I write my step, then circle one.

When my grown-up and I circle the same answer three practice days in a row, even if it's Almost, I start checking on my own. A day with no step is skipped, even if I circled Not yet.

Day 1. My step: _____

Did I take today's step toward my goal? ◯ Yes ◯ Almost ◯ Not yet

Day 2. My step: _____

Did I take today's step toward my goal? ◯ Yes ◯ Almost ◯ Not yet

Day 3. My step: _____

Did I take today's step toward my goal? ◯ Yes ◯ Almost ◯ Not yet

Day 4. My step: _____

Did I take today's step toward my goal? ◯ Yes ◯ Almost ◯ Not yet

Day 5. My step: _____

Did I take today's step toward my goal? ◯ Yes ◯ Almost ◯ Not yet

My weekly look

What I did this week:

_____

Next week's step:

_____

☐ **All done**