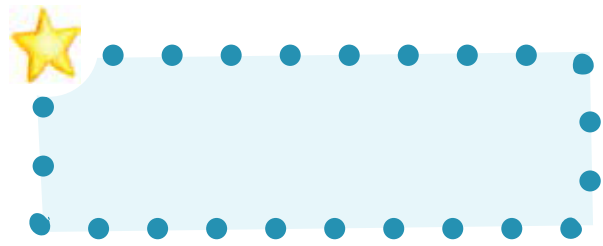




Shoot for the Stars and Shine Bright!



(name)

Goal #



What would you like to do? (and/or) What are you hoping for?

Light blue rectangular writing area for the goal.

(Write your answer in the space above)



1 Make a Plan: How are you going to do it? Do you need help from a parent, teacher, coach or friend? Do you need special lessons, space, supplies, equipment, money or to travel? How long will it take? Write down your plan and anything you will need to accomplish your goal below:

Three horizontal lines for writing the plan.



2 Take Action: What steps are you going to take to achieve your goal? When are you going to start? How often?

Three horizontal lines for writing the action steps.



3 Measure Your Success: How will you know if you have succeeded? Remember to celebrate after all your hard work!

Three horizontal lines for writing the success measurement.