

# Teenage Goal Setting Worksheet

## Personal information

Name:

Age:

Attending professional:

Date:

Indicate the goal-setting area(s) (e.g. *academic, sporting, social*):

## Personal reflection

Describe your strengths. (*These do not have to fall within the category identified above*):

Describe areas you want to improve in:

What are your interests and passions?

## Broad goal identification

Broadly describe your short-term goals (next 6 months):

What are your long-term goals (next 1-5 years)?

## SMART goal details

Are these goals specific? If not, how can you adjust them to be specific?

Are these goals measurable? If not, how can you adjust them to be measurable?

Are these goals achievable? How can you adjust them to be more realistic or attainable?

Are these goals relevant to your overarching aspirations/objectives in your personal reflection? If not, how can you make them more aligned with this?

Are these goals time-bound? If not, create a timeframe or deadline for each goal or step?

**For each goal, please answer the following:**

1. Why is this goal important to you?

2. What resources do you need to achieve this goal?

3. What are the potential obstacles, and how will you overcome them?

### **Action plan**

What specific steps you will take to achieve your short-term goals?

What specific steps you will take to achieve your long-term goals?

### **Progress**

How will you track and measure your progress?

### **Reflection and adjustment**

How will you reflect on your progress?

How will you adjust your plan if needed?

## Support system

Who in your support system can help you achieve your goals? How will they help?

## Additional notes