Worksheet:
Setting and Reaching Goals

It can be difficult to figure out how to get what you need or want (especially when you're having trouble with your mental health). This worksheet will guide you through that process so you can reach your goal in a way that feels less overwhelming.

What is the problem you are trying to solve or the need you are trying to meet?

What do you think would help you solve this problem or meet this need?

What opportunities/resources do you have access to that could help you reach your goal? (Examples: If you want to make more friends, is there an opportunity to join a club after school? Do you already go to a church where there is a youth group?)

What barriers are in the way of you reaching your goal? (Example: If your goal is to get a job, do you need to make a resume? Do you need more information or templates about how to do this?)

What skills or character traits do you have that could help you reach your goal? You can also take a personality test or ask someone close to you if you need help brainstorming. (Examples: creativity, intelligence, determination, teamwork, etc.)

Who can help you reach your goal? (Examples: family, friends, teachers, etc.)

Choose one of the people you listed above and write out a draft of a text/DM/email to ask them for help. Planning this part ahead of time can be helpful, especially if you know it might be a difficult conversation. (Example: Hi, Aunt Donna! Since you're an artist, I was wondering if you could help me with the drawing I'm working on? I want to enter it into an art contest and would love to hear your ideas.)

Now it's time to make a plan.

Using all the information you've gathered, you can work backwards from your end goal to create mini-goals. Completing each mini-goal will get you closer to your end goal. It can be helpful to create dates for each goal to keep yourself on track. Check out goblin.tools if you need help breaking things down into smaller steps. (Example: If your end goal is to bake a cake for your friend's birthday, your mini goals might be to ask your friend what kind of cake they like, look up a recipe online, ask an adult to drive you to the store, and then buy the ingredients.)

My End Goal:	I will complete this goal by:____/____/____
Mini-Goal:	I will complete this goal by:____/____/____
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Where can you put your plan so that it is easy to remember? (Examples: hanging it on your bedroom wall, taking a picture of it with your phone, etc.)

How are you feeling about taking the first step toward achieving your goal? If you are feeling nervous or overwhelmed, is there anything you think would help you feel more calm? (Examples: use fidget toys to self-soothe, use a meditation app, plan to do an activity you enjoy after each mini-goal, etc.)

Once you have completed your first mini-goal toward reaching your end goal, it is important to celebrate yourself! This can take a lot of courage and strength.

What is one thing you can do to treat yourself for doing something brave? (Examples: treat yourself to a favorite food, take a break from work and watch a good movie, etc.)