Goal-Setting
Grades 3-5

**Language of Health Literacy:**
I could be better at ____ because ____.  
I want to improve my ability to ____ because ____.

When a goal is ____ it means ____.  
____ (component of SMART Goal) goals are easier to achieve because ____.

____ will help me achieve my goal because ____.
I am going to ask ____ for help because ____.
I am going to ____ to reach my goal. This will help me reach my goal because ____.
The first step I need to take to reach my goal is ____ because ____.
Something I need to do to reach my goal is ____ because ____.

**Step 1: Identify an Area of Growth**
**Sub Skills:**
- Check how I am doing  
- Identify an area of growth

**Step 2: Create a SMART Goal**
**Sub Skills:**
- Define SMART Goal  
- Write a SMART Goal

**Step 3: Make a Plan**
**Sub Skills:**  
- Identify trusted adults & resources  
- Identify specific actions to take  
- Track progress over time

**Step 4: Look Back & Learn**
**Reflection Questions:**
- Did I reach my goal? Why or why not?  
- Did I use the help and/or support I identified? Why or why not?  
- Did I use the right help and/or support? Why or why not?  
- What should I celebrate?

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