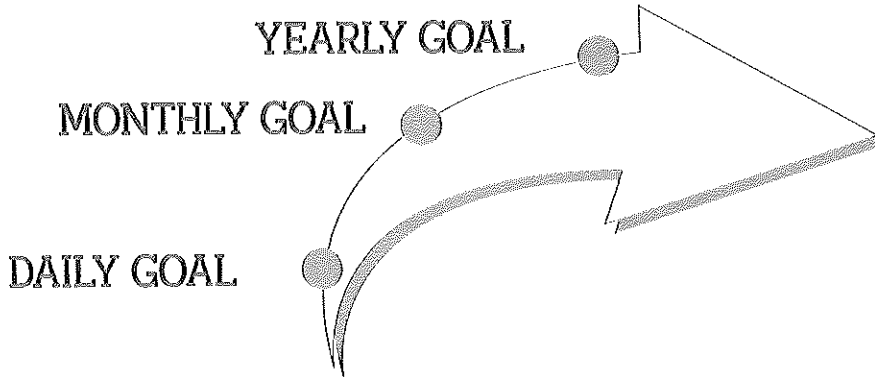


# Positive Goal Setting

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Goal setting is a way to recognize daily accomplishments and keep looking toward the future. Practice setting goals by selecting a small daily goal, a weekly goal, and a future goal (such as a goal for the year). Also indicate what supports you may need to accomplish your goals.



	Declare Your Goal!	Supports Needed
Daily Goal		
Weekly Goal		
Yearly Goal		