



Name _____

- Goal Areas**
- Career
 - Education
 - Creative
 - Physical
 - Financial
 - Joy

You are going to create some goals for “Alex”, a 7th grader.

A. Choose 2 goal areas and write one specific goal for each.

Example: **Goal:** Physical

Specific Goal: Get on the track team.

1. Goal area _____
Specific Goal _____
2. Goal area _____
Specific Goal _____

B. Help Alex take steps to reach the goal. **Add 2 steps** that would help Alex get on the track team.

Specific Goal: Get on the track team.

- Step 1: Practice running 3 x a week.
- Step 2: _____
- Step 3: _____