

## Goal Setting Worksheet for Youth

**1. What are 3 things that I am good at?**

*Examples: Listening and talking to people. Understanding. Funny.*

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**2. What are 3 things my friends say I'm good at?**

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**3. What do I like to do for fun?**

*Examples: I like to dance. I enjoy reading*

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**4. What do I want to be doing a year from now?**

*Examples: Pass my current grade. Have enough money. Live with my mother.*

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**5. How would I describe myself?**

*Examples: Caring. Honest. Depressed. Mad. Afraid*

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**6. What is my best strength?**

*Example: I am understanding and compassionate.*

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**7. What do I hope for and dream about today?**

*Examples: a warm bed, to graduate in May*

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**8. What do I hope for and dream about for the future?**

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**9. What will make it hard for me to accomplish my dreams?**

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