

# Teenage Goal Setting Worksheet

**Name:** Anne Perkins

**Age:** 19

**Date:** December 17, 2023

## Personal Reflection

### Describe your strengths.

I'm really creative and great at solving problems. I'm also pretty good at communicating and expressing my ideas.

### Describe areas you want to improve.

I'd like to get better at time management and be more confident in public speaking situations.

### What are your interests and passions?

I'm passionate about environmental conservation and enjoy painting and writing poetry.

## Goal Identification

### What are your short-term goals (next 6 months)?

1. Finish my environmental science project with a high grade.
2. Organize a community cleanup event.
3. Develop a consistent exercise routine.

### What are your long-term goals (next 1-5 years)?

1. Get accepted into a university with a strong environmental studies program.
2. Publish a collection of my poems.
3. Run a half marathon.

## Goal Details

For each goal mentioned previously, please answer the following:

- **Why is this goal important to you?**
- **What resources do you need to achieve this goal?**
- **What are the potential obstacles, and how will you overcome them?**

These goals align with my interests in environmentalism and personal health, and achieving them will set a foundation for my future academic and personal development.

Access to research materials, community support for the cleanup, a regular exercise plan, guidance on college applications, and a platform to publish my poetry.

Time management issues, finding community engagement, balancing schoolwork with exercise, navigating the college application process, and finding a publisher. I'll overcome these by creating a

## Action Plan

**What specific steps you will take to achieve your short-term goals?**

Allocate specific hours for project work, coordinate with local organizations for the cleanup, and follow a weekly exercise plan.

**What specific steps you will take to achieve your long-term goals?**

Research and apply to universities, attend writing workshops, and gradually increase my running distance each week

## Progress

**How will you track and measure your progress?**

By maintaining a journal to record my daily activities, goals achieved, and milestones reached.

## Reflection and Adjustment

**How will you reflect on your progress?**

Regularly review my journal entries and goals list to assess my progress and areas for improvement.

**How will you adjust your plan if needed?**

If I notice any lagging areas, I'll reassess and modify my strategies, possibly seeking more input from teachers or mentors.

## **Support System**

### **Who are the people in your support system?**

My parents, a couple of close friends, my environmental science teacher, and my track coach.

### **How will they support you in achieving your goals?**

They will provide guidance, encouragement, and practical help like transportation to events or reviewing my college applications.

## **Additional Notes**

### **Notes, reminders, and questions can go here.**

From your life coach: Anna, remember to stay patient with progress and remain open to new opportunities and ideas that align with my goals. Also, balance relaxation and social time with goal pursuits.