

# Teenage Goal Setting Worksheet

Name:

Age:

Date:

## Personal Reflection

Describe your strengths.

Describe areas you want to improve.

What are your interests and passions?

## Goal Identification

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

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

## 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?

## Action Plan

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

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

## Progress

How will you track and measure your progress?

## Reflection and Adjustment

How will you reflect on your progress?

How will you adjust your plan if needed?

**Support System**

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

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

**Additional Notes**

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