

Name _____ **Self Esteem**



Accomplishing Goals

Setting and achieving personal goals is a great way to gain self esteem. Write down a personal goal that you have.

Now complete the organizer below. Being SMART about your goal will help you to achieve it.

Your goal should be specific:

Get specific about who, what, where, when, why and how. List three action steps that you will take.

Your goal should be measurable:

Describe how you will measure or track your progress.

Your goal should be attainable:

What resources do you need to attain your goal? How will you find the time?

Your goal should be relevant:

Describe why you want to achieve this goal.

Your goal should have a timeline:

Set a deadline for your goal and establish some benchmarks.