

Name _____

Age _____

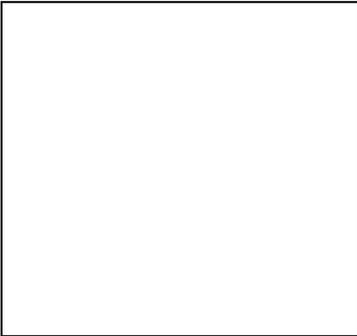
GOALS

In Your Relationships

Blue Star Worksheet - All Ages

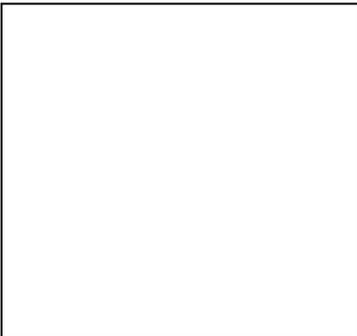
A goal is something you want to happen that you are willing to work hard for. Some goals are short, while other may take a long time to accomplish. Relationships are how we get along with other people like our family and friends. Below, draw a picture of a short, mid and long range goal with a description next to it.

Your goals should be ways to make your relationships with people you care about better. Think about ways you would like to be treated and try to do those for other people. Parents may assist in writing. Make sure your goals are things that are important to you. Try to use different goals than the examples shown. By setting goals, we steer ourselves in the right direction in life.



Short Range Goal – A goal that takes very little time to accomplish.

Example: Do something nice for a family member or friend.



Mid Range Goal – A goal that you must work a little longer at.

Example: Remembering to do what you are told right away without being reminded for a whole week.



Long Range Goal – A goal that takes a long time to reach.

Example: Be respectful to your instructors & classmates in order to earn your black belt.
