

GOAL!

Goal Setting Ideas

NEVER
give
up!

Physical

Learn how to play a new sport.
Practice 10 free throw shots a day.
Do 10 pushups a day for 14 days.
Only eat dessert 2 days a week.
Brush my teeth every night.
Go to bed on time.
Learn how to plan a healthy menu.
Learn survival skills.

Spiritual

Write 3 things I am grateful for every day.
Memorize a scripture.
Do your chores without being asked.
Pray every morning & evening.
Secretly do a good deed at home.
Teach your favorite scripture to a friend.
Pray for a friend or family member.
Read your bible each day.

MY GOALS

Intellectual

Read 15 minutes a day.
Learn how to create a budget.
Learn how to paint.
Learn how to draw.
Learn about good manners.
Learn about somebody you admire.
Memorize a song, poem, or scripture.
Learn a new language.

Social

Do something nice for a sibling.
Make a meal for a neighbor.
Visit a nursing home.
Visit a fire station.
Thank police officers for their service.
Only speak positive words for 14 days.
When upset practice calming down with deep breaths
or counting to 10.