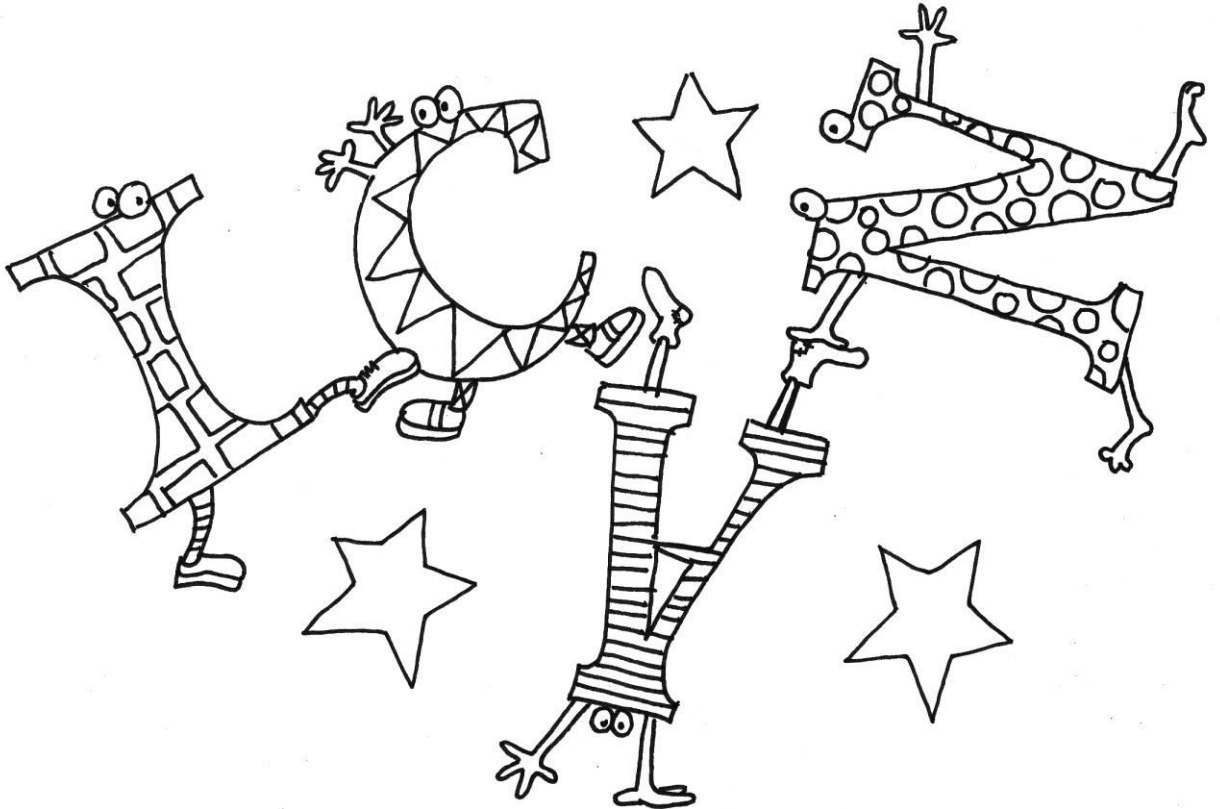


My Goal Setting Book



Goal Setter's Name:

Goal-setting curriculum ©The Shadow Project, 2012

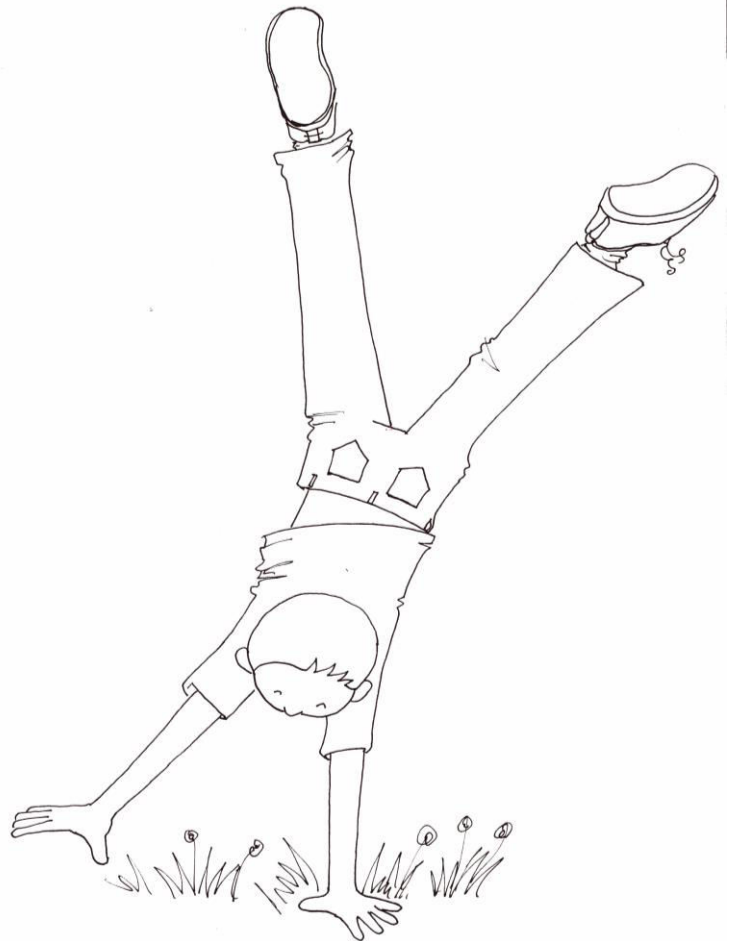
Illustrations © Winky Wheeler 2012 from *The Boy Who Learned Upside Down*
(Black Heron Press, 2013) based on the true story of The Shadow Project

MY STRENGTHS

*What will help me reach
my goal?*

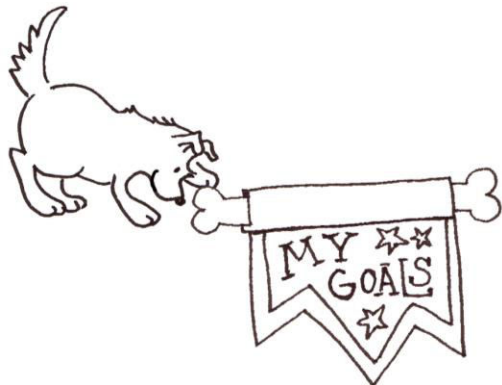


Write or draw all the
things you are good at below!



Subject: _____

Name: _____ Date: _____



My Goal:



I want to reach My Goal because:

Goal-setting Takes Courage!

Subject: _____



Here are three steps I will take to reach my goal:

1. _____

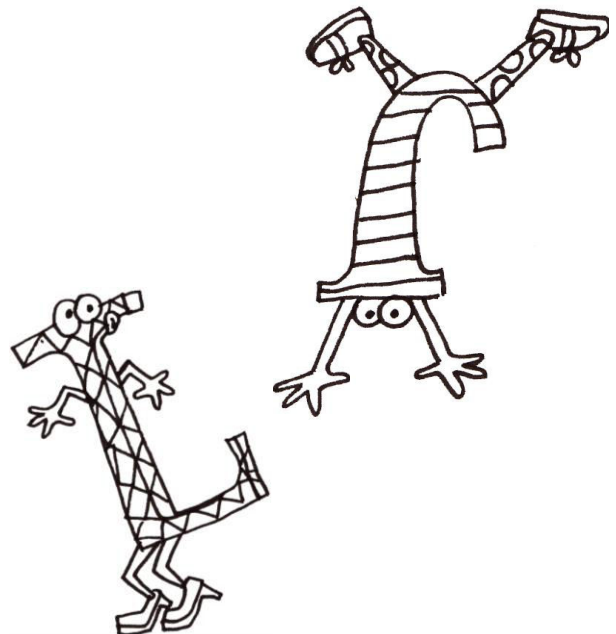
2. _____

3. _____

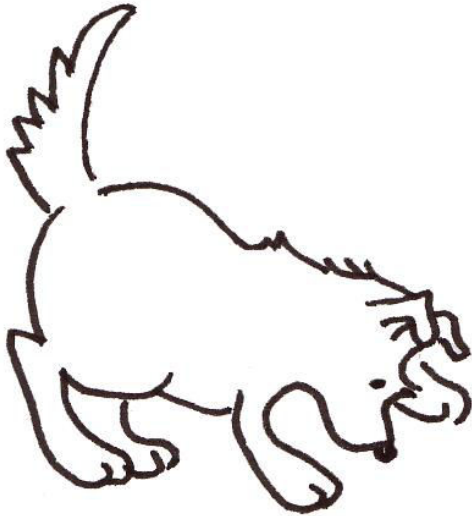
In the Shadow story, Alex gets support from his teacher and his dog Shadow. Who can you turn to for support?

1. _____

2. _____



Subject: _____



Here's what I look like as
I work toward my goal:

Subject: _____

I Did IT! I REACHED MY GOAL!

Name _____ Date _____

I can now _____

I feel _____

This is what I learned about me _____

Congratulations! It's time to celebrate!

