



Goal Survey

What type of goals should you set? Choosing the right goals requires truly understanding yourself and your needs. Complete the survey below to determine what type of goals you might wish to set for yourself.

Once you complete the survey below, develop 3 goals based on where you see the needs, and state the specific actions that will help you to realize your goals.

1. _____ Am I happy with the friends I have?
2. _____ Do I have enough friends?
3. _____ Do my friends enjoy my company and spending time with me?
4. _____ Is spending quality time with friends important to me?
5. _____ Do I have strong ,healthy relationships with friends and acquaintances?
6. _____ Do I feel good about myself?
7. _____ Am I pleased with my confidence level and self esteem?
8. _____ Am I doing well in school?
9. _____ Am I doing well in all of my subjects at school?
10. _____ Am I a respectful student with both peers and teachers?
11. _____ Am I reaching my potential in all subject areas in school?
12. _____ Am I content with my involvement in extra curricular activities at school?
13. _____ Do I feel eating healthy is important to me?
14. _____ Do I regularly make good food and beverage choices?
15. _____ Do I get enough exercise?
16. _____ Do I feel exercise is important?
17. _____ Do I get enough sleep?
18. _____ Am I happy with my appearance and my weight?
19. _____ Do I have a healthy relationship with my parents?
20. _____ Do I have a healthy relationship with my siblings and other family members?
21. _____ Am I happy with the time and activities I do at home?
22. _____ Do I respect the rights and feelings of others?
23. _____ Am I respectful toward my environment? (pets, nature, recycling)
24. _____ Am I able to communicate with friends and family well?