

Name: _____

State Your Goals Positively

For Example:

GOAL: I won't cause trouble during recess. **POSITIVE GOAL:** I will keep my hands to myself and have appropriate play and conversations with my friends.

① I'll stop eating junk food: _____

② I won't be mean to my brother/sister: _____

③ I'll stop wasting time: _____

④ I won't lie around so much: _____

⑤ I won't forget to do my homework: _____

⑥ I won't fail my tests: _____
