## PARENT ENGAGEMENT MODULES SERIES

Module 3: Growing Self-Confident Children Through Goal Setting and Growth Mindset
California Department of Education
1/2020

## **Goal Setting Worksheet**

Setting goals helps us to think about what we want for ourselves. When we write a goal, we are taking the first step in making that goal happen. Goals can remind us why we are working toward something and not to give up when things get difficult.

## Part 1: What do I want for myself?

Read and consider the following questions, then write your answer.

1. What is something I have always wanted to do for my family but haven't been able to do?

2. What is something I have wanted to do for myself that I still hope to do?

## **Goal Setting Worksheet**

Part 2: Make a bookmark.

Write down one of your goals on each of the bookmarks below, then cut out the bookmark.

