



# BELIEVE AND ACHIEVE



Self-respect helps you aim for success by setting goals and working hard to reach them. When you stay on track with your goals, the sky's the limit! Don't worry about mistakes you might make along the way. Mistakes are one of the ways we learn.

Think about something you'd like to achieve in the next few months. Do you want to do better in school? Read a certain number of books? Learn a new sport? Write down a goal here and do your best to achieve it. When you reach your goal, write in the date...then celebrate!

## MY GOAL IS TO

**Three steps I need to take to achieve this goal are:**

**1.** \_\_\_\_\_  
\_\_\_\_\_

**2.** \_\_\_\_\_  
\_\_\_\_\_

**3.** \_\_\_\_\_  
\_\_\_\_\_

**I hope to achieve it by** \_\_\_\_\_.

(write the month and day you hope to reach it by)

**I did achieve this goal by** \_\_\_\_\_.

(write the month and day you did reach it)

