

Health and Family Life

Setting Goals

Name: _____ Grade: _____

A goal is something you want to achieve. Goals are important for success in life. Short-term goals take days or weeks to achieve while Long-term goals take months or even years.

Identify the following as short-term or long-term goals.

1. Completing Monday's home-work. _____
2. Saving \$1 a day to buy a Family Life workbook with your lunch money.

3. Graduating from high school. _____
4. Raising your Math grade from "C" to "B". _____
5. Saving for summer vacation. _____
6. Learning a new language. _____
7. Winning the 100m next week. _____
8. Eating a healthy breakfast. _____
9. Losing twenty pounds and keeping it off. _____
10. Getting a 3.15 GPA _____
11. Buying Wendy's at 3 o'clock. _____
12. Saving \$5 more to buy a digital camera. _____
13. Attending a sleepover in eight days. _____
14. Having three children. _____
15. Getting a new car. _____
16. Going to college. _____
17. Buying lunch. _____
18. Going to Regatta on Easter Break. _____
19. Learning how to bake a cake. _____
20. Hanging out at the mall on Saturday. _____