

# Shelly the Not So Sure-Footed Stone Sheep

## Story Questions

Name:

Date:

1. What was Shelly's goal?

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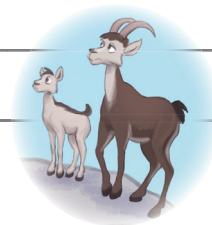
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2. Why do you think this goal was important to Shelly?

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3. List 3 things Shelly did to help her achieve her goal.

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4. Shelly knew she had achieved her goal when she made it to the top of the mountain. What do you think Shelly might have been thinking and feeling as she finally stood on that mountain top?

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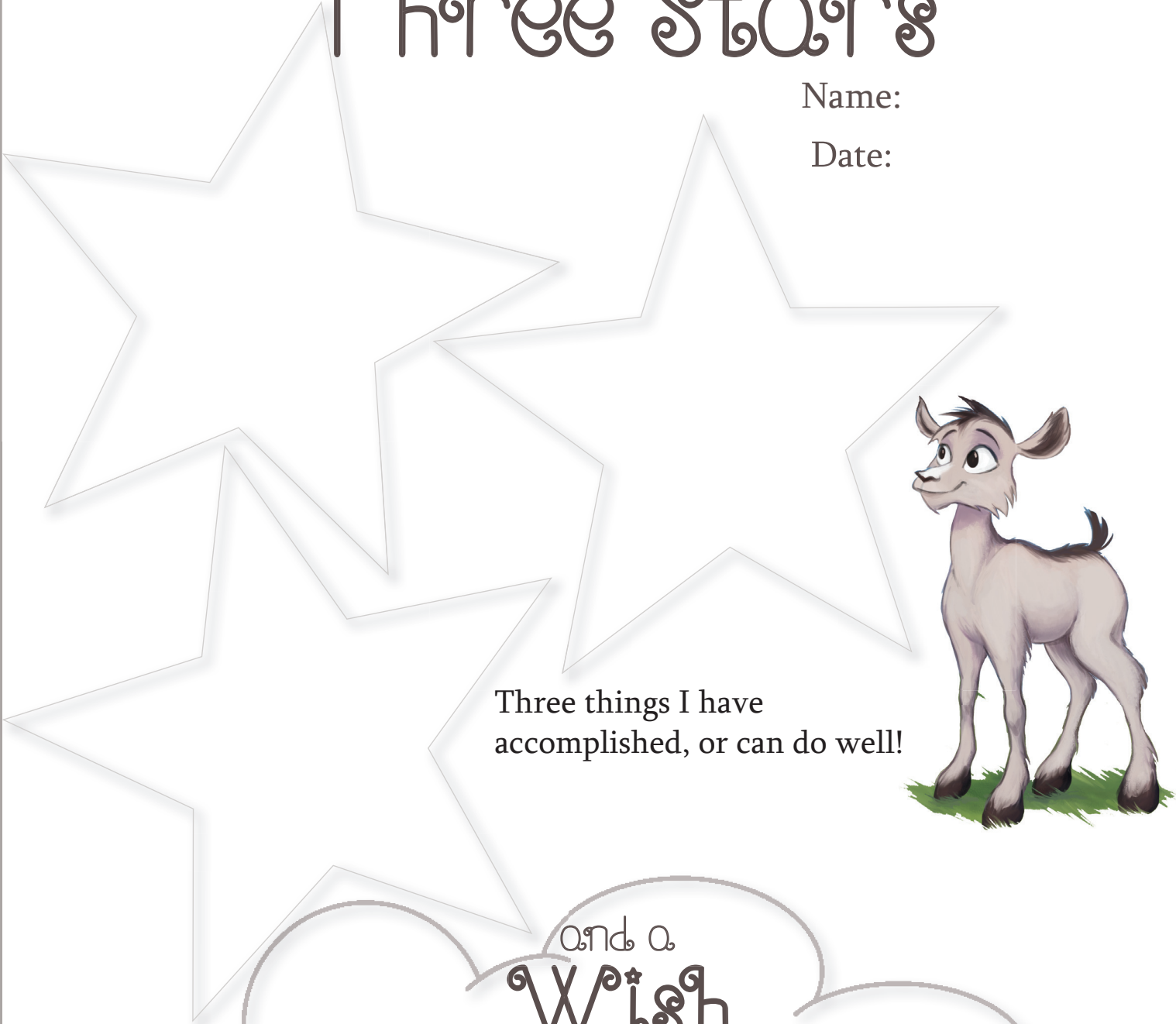
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# Three Stars

Name:

Date:



Three things I have accomplished, or can do well!

and a  
Wish



One thing I would like accomplish, or be able to do better.



# My Goal

Name:

Date:

**S**  
Specific

What is my goal?

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**M**  
Measurable

How will I know when I have achieved my goal?

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**A**  
Achievable

Do I have everything I need in order to achieve my goal?

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**R**  
Relevant

Why is this goal important to me?

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**T**  
Timely

When will I achieve my goal?



# My Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

My Goal: \_\_\_\_\_

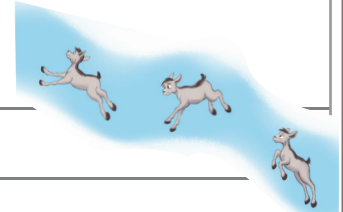
## What I Need

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



## Action Steps

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_



I will know I have achieved my goal when: \_\_\_\_\_

\_\_\_\_\_

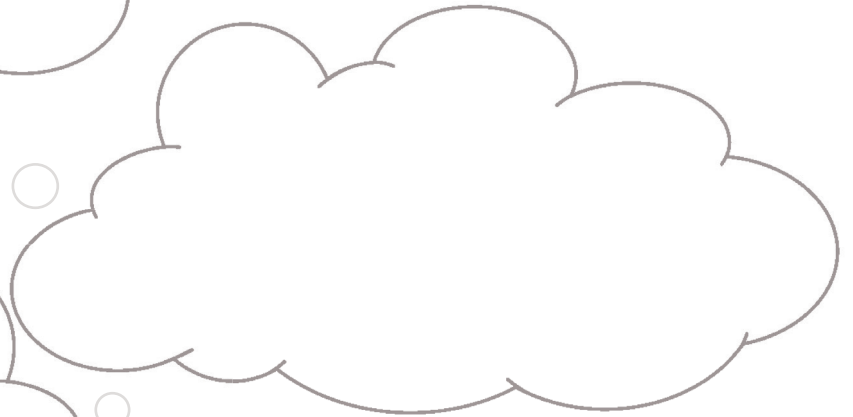
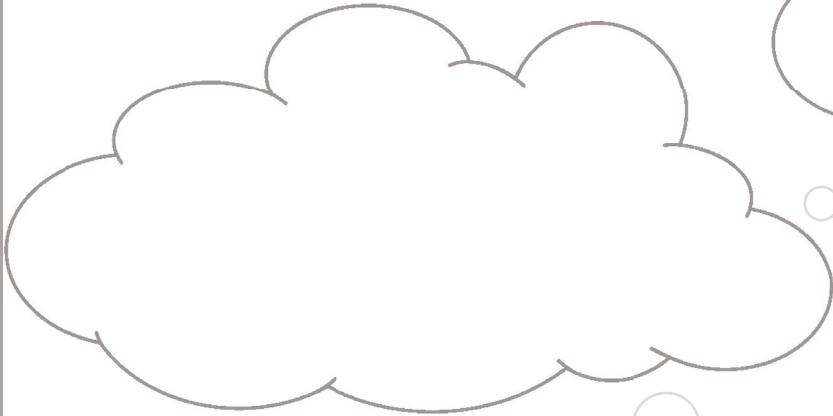
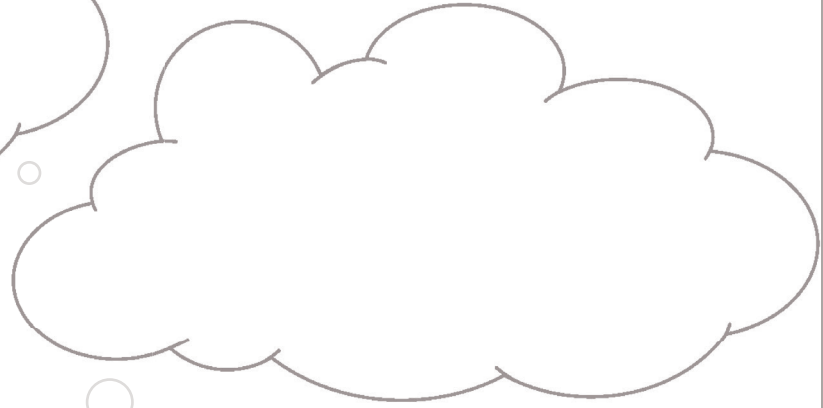
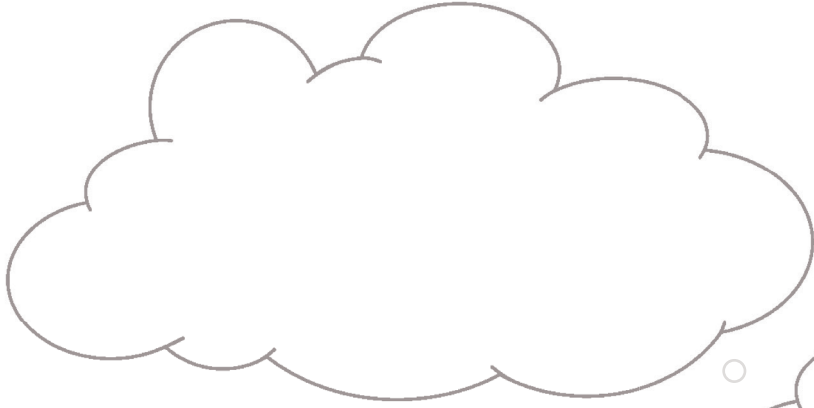
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# Positive Self-Talk

Name:

Date:



I am...

I can...

I feel...

I know...



# Looking Back

Name:

Date:

1. What did you feel was the hardest part of working toward your goal?

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2. What surprised you the most while you working toward your goal?

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3. How do you feel now that you have achieved your goal?

What thoughts popped into your head when you knew you had finally done what you had set out to do?

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# *Certificate of Achievement*

Awarded to

For Achieving Their Goal of:

On This Day,

Signed By

