

1. **Routine Goal:** Goals that are base on your \_\_\_\_\_

*Examples: Remembering to take the trash out each week  
Cleaning your room without being told.*

2. **Problem Solving/Developmental Goals:** Goals that are based on developing \_\_\_\_\_

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*Examples: Raising your Grade Point Average  
Increasing the amount of books you read.*

3. **Innovative Goals:** Goals that are based on developing \_\_\_\_\_

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*Examples: Starting a new community service program  
Learning how to play a new sport*

### **BENEFITS OF GOAL SETTING**

1. Goals provide a sense of \_\_\_\_\_

2. Goals help us identify \_\_\_\_\_

3. Goals will help us monitor our progress \_\_\_\_\_

4. Goals motivate us because \_\_\_\_\_