

## Examples of Goals

Goals	Conditions	Date Session #1	Date Session #2	Date Session #3	Follow-Up #1	Follow-Up #2
1. I am happy.	<ul style="list-style-type: none"> <li>• when alone</li> <li>• with others</li> </ul>					
2. I get along with others.	<ul style="list-style-type: none"> <li>• family</li> <li>• friends</li> <li>• instructors</li> </ul>					
3. I can focus.	<ul style="list-style-type: none"> <li>• when interested</li> <li>• when not interested</li> </ul>					
4. I understand what I read.	<ul style="list-style-type: none"> <li>• when interested</li> <li>• when not interested</li> </ul>					
5. I get an A average.	<ul style="list-style-type: none"> <li>• overall</li> <li>• language arts</li> <li>• math</li> </ul>					
6. I feel relaxed.						
7. I feel confident.						
8. I accept and celebrate who I am.						

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