

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

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

## New Year's Goal Setting

Please check off areas of executive functioning that you want to strengthen in the coming year (check all that apply):

- |  |  |
|--|--|
| <input type="checkbox"/> Response Inhibition | <input type="checkbox"/> Flexibility               |
| <input type="checkbox"/> Organization        | <input type="checkbox"/> Planning/prioritizing     |
| <input type="checkbox"/> Time Management     | <input type="checkbox"/> Working Memory            |
| <input type="checkbox"/> Emotional Control   | <input type="checkbox"/> Goal-directed persistence |
| <input type="checkbox"/> Metacognition       | <input type="checkbox"/> Sustained attention       |
| <input type="checkbox"/> Task Initiation     | <input type="checkbox"/> Other: _____              |

Now choose ONE executive functioning skill to focus on and come up with a SMART goal based on that skill. (SMART = Specific, Measurable, Attainable, Relevant, Time-oriented). **HINT: start with the words "I will..."**

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Example of a SMART goal: *"I will get started with my work within five minutes of sitting down at my work space."*

Now think of one goal you have that is not related to school and write it here:

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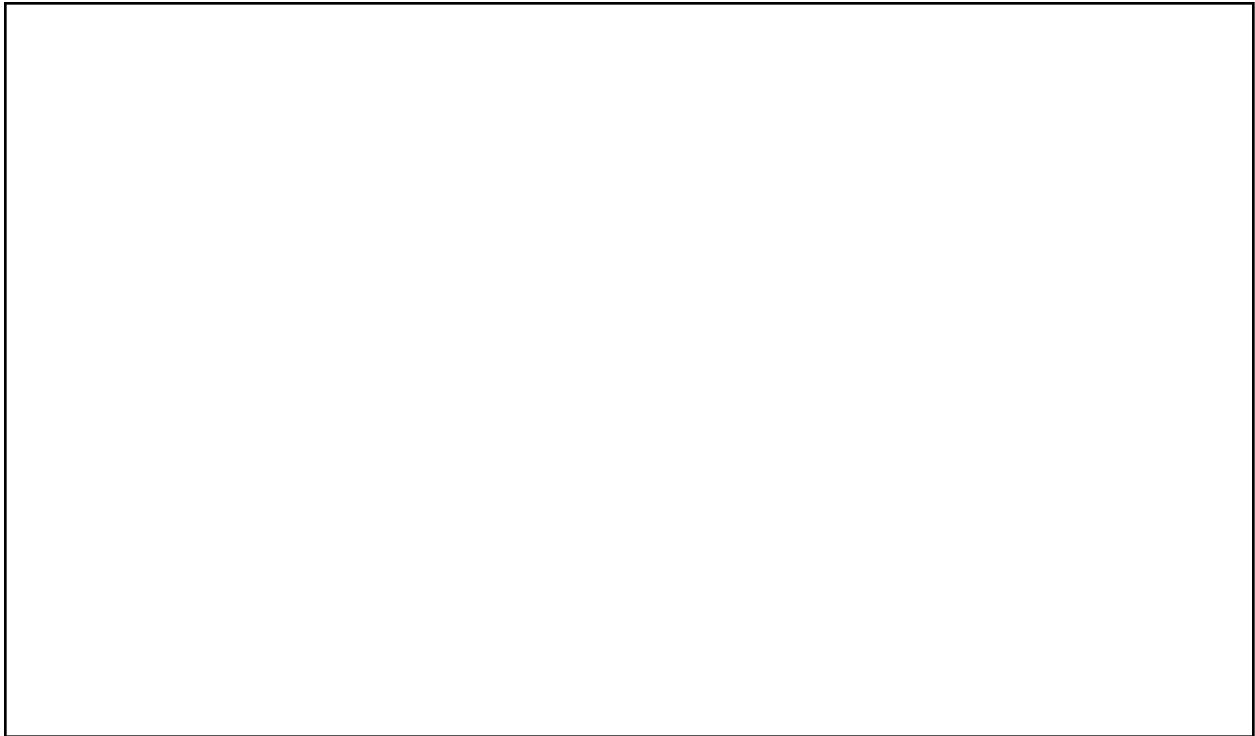
Let's take it a step further. Write down three SPECIFIC action steps you need to take to achieve your goal.

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

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

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

Visualize yourself achieving your goal. What will it look like? What will it feel like? Draw a picture of what you visualize here:



Write down any support you need in achieving your goal:

\_\_\_\_\_

\_\_\_\_\_