



## Goal Setting Worksheet

Setting **clear, measurable goals** can help your child make **meaningful progress**. Use this worksheet to outline **specific behaviors or skills** to improve and track success over time.

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### Behavior/Skill to Improve:

*(Example: Completing homework independently, using calming strategies, following directions.)*

### Measurable Goal:

*(Example: "Reduce homework-related meltdowns from 4 per week to 2 per week.")*

### Timeline:

*(Example: "By the end of the month" or "Over the next two weeks.")*

### Action Steps:

*(Steps to help your child achieve this goal, such as "Set up a quiet workspace," "Use a timer for focus periods," or "Provide verbal encouragement and praise.")*

### Success Indicators:

*(How will you know progress is being made? Example: "Child completes homework with fewer reminders," "Child independently uses a breathing exercise when frustrated.")*



## 📌 How to Use This Worksheet

- ✓ **Behavior/Skill to Improve:** Identify a **specific** behavior or skill to focus on (e.g., *completing homework independently, using calming strategies, following directions*).
- ✓ **Measurable Goal:** Define a **clear and specific goal** (e.g., *"My child will complete homework without reminders 4 out of 5 school days."*).
- ✓ **Timeline:** Set a **realistic timeframe** (e.g., *"Within one month."*).
- ✓ **Action Steps:** List **small, manageable steps** that will help achieve the goal (e.g., *"Create a homework checklist," "Set a timer for work sessions."*).
- ✓ **Success Indicators:** Determine how you will know progress is being made (e.g., *"Child completes homework independently 4 out of 5 times."*).

By filling out this worksheet, you'll have a **clear action plan** to support your child's growth. **Tracking progress** will help you adjust strategies as needed and **celebrate successes along the way!**

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## 💡 Need Help Creating Personalized Goals for Your Child?

Book a **free 30-minute consultation** to develop a **customized goal-setting strategy** that supports your child's success.



[Schedule Here](#)

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Clear goals create confidence, motivation, and measurable success! What goal will you focus on first?



*Warmly,*

*Tom*