



# Goal-Storming

What are some things you'd like to learn? What have you always been interested in or curious about? Is there a skill you'd like to improve on? Check out the four categories below and try to think of some ideas for each one.

For now, your goals can be general or vague, or just starter ideas (like “get better at eating healthy”). You will learn how to make more specific goals—and plans for reaching them—later in this chapter.

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## 1. Sports and Athletics

These goals might be things like scoring a certain number of points in a basketball game, nailing your front tuck in gymnastics, learning a new sport or skill, or challenging yourself to ride your bike a certain number of miles.

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## 2. Creative

Goals in this box might be in areas like music, games, puzzles, crafts, writing, drawing, and so on.



## Goal-Storming continued

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### 3. Academic

These goals are school-related, like beating your time on a fact quiz or improving your spelling test score.

### 4. Positive Habits

You may set goals for positive habits—things that are important to you for personal growth—like making your bed every day, doing a random act of kindness each week, making new friends, reading more, being on your phone less, and so on.

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Now look at all the goals you brainstormed and circle the ones that are most important to you. Choose one goal that you can focus on for this chapter that is going to help you improve in some area of your life. Which goal is it?