



# Goal Survey

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

What type of goals should you set? Choosing the right goals requires truly understanding yourself and your needs. Complete the survey below to determine what type of goals you might wish to set for yourself.

**Once you complete the survey below, develop 3 goals based on where you see the needs, and state the specific actions that will help you to realize your goals.**

1. \_\_\_\_\_ Am I happy with the friends I have?
2. \_\_\_\_\_ Do I have enough friends?
3. \_\_\_\_\_ Do my friends enjoy my company and spending time with me?
4. \_\_\_\_\_ Is spending quality time with friends important to me?
5. \_\_\_\_\_ Do I have strong ,healthy relationships with friends and acquaintances?
6. \_\_\_\_\_ Do I feel good about myself?
7. \_\_\_\_\_ Am I pleased with my confidence level and self esteem?
8. \_\_\_\_\_ Am I doing well in school?
9. \_\_\_\_\_ Am I doing well in all of my subjects at school?
10. \_\_\_\_\_ Am I a respectful student with both peers and teachers?
11. \_\_\_\_\_ Am I reaching my potential in all subject areas in school?
12. \_\_\_\_\_ Am I content with my involvement in extra curricular activities at school?
13. \_\_\_\_\_ Do I feel eating healthy is important to me?
14. \_\_\_\_\_ Do I regularly make good food and beverage choices?
15. \_\_\_\_\_ Do I get enough exercise?
16. \_\_\_\_\_ Do I feel exercise is important?
17. \_\_\_\_\_ Do I get enough sleep?
18. \_\_\_\_\_ Am I happy with my appearance and my weight?
19. \_\_\_\_\_ Do I have a healthy relationship with my parents?
20. \_\_\_\_\_ Do I have a healthy relationship with my siblings and other family members.‘
21. \_\_\_\_\_ Am I happy with the time and activities I do at home?
22. \_\_\_\_\_ Do I respect the rights and feelings of others?
23. \_\_\_\_\_ Am I respectful toward my environment? (pets, nature, recycling)
24. \_\_\_\_\_ Am I able to communicate with friends and family well?