



GOAL SETTING REFLECTION MAT



Name: _____ Date: _____ Class: _____



1. MY GOAL

What is one goal you want to work on?



Why is this goal important to you?



2. PLAN

What will you do?

Steps or actions:

①

②

③



When will you start?

How often?



3. SUPPORT

Who or what can help you reach your goal?

I can ask for help from:

- _____
- _____
- _____



4. PROGRESS

How will you know you are making progress?

Track your progress:



1 = Just starting

5 = Goal achieved!



5. REFLECTION



What went well?



What was challenging?



What will you do next?

Rate how you feel about your progress.



Very proud!



Good



Okay



Finding it hard



Need more help



CELEBRATE! When you reach your goal, recognise your effort and achievement.

You've got this!

