

GOALS

GRAPHIC
ORGANIZER



Lessons in Mental Health

Our goals are the stepping stones that guide us along our journey to our desired future. They give us a sense of direction and purpose and help us stay motivated along the way.

Practice making Goals:

- Choose 3 topics of your choice to create a goal around. These could be physical health goals, academic goals, interests or hobbies, relationship goals, career, etc...
- Create 3 sets of goals for those topics or areas. Each set should include a short-term, intermediate, and long-term goal.
- Use the provided template to write down your goals.
- Make sure your goals are clear and comprehensive and align with the goal key characteristics for each category (short-term, intermediate, long-term)

Goal #1

Short-Term Goal	
Intermediate Goal	
Long-Term Goal	

Goal #2

Short-Term Goal	
Intermediate Goal	
Long-Term Goal	

Goal #3

Short-Term Goal	
Intermediate Goal	
Long-Term Goal	



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- Use this reference guide as is, or view the Canva link for a fully modifiable template.
- Link: [Goal Graphic Organizer](#)
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.