

Goal Setting for Social and Emotional Learning: Encouraging Risk Taking

	Challenge	Fear	Possible Benefits	Date
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

My Reflections

1. What did you learn by achieving this goal and taking the risk?

2. If you didn't reach your goal, what kept you from reaching the goal?

3. What do you need to reach your goal?
