Name

Date

Period

Pick three of the four areas you think you would like to improve. Delete the one category you did not pick. Using the Advice & Tips handout for help, create a measurable goal for each area (3 total). Your goals must be specific and be ones you think you will/can actually do. When you are done, print out two copies. Give one copy to me to grade. Cut and decorate the second copy so that it looks pleasing to the eye. You may use my supplies. Hang up where you will see it daily. Good luck. ☺

1. Insight into your own emotions
2. Goal orientation and motivation
3. Emotional expression
4. Social Insight and empathy