

Goal ladder

One goal, five steps. Write the goal your child chose, cut it into five steps small enough to start this week, then tick a step only when it is really done. Compare with the first step, never with another child.

THE GOAL

WHY IT MATTERS TO ME

THE FIVE STEPS

#	STEP	BY WHEN	DONE
1			
2			
3			
4			
5			

PICTURE OF THE GOAL

Draw it, or glue a photo of the thing you are working toward

THIS WEEK'S NEXT ACTION

The smallest thing you can start in 10 minutes

WEEKLY CHECK