



Goals & Dreams Workbook

Big ambitions, broken into manageable steps

A planning workbook for teenagers: choose one priority, build milestones and decide what to do next.

HOW TO USE THIS PACK

- Pick one priority to focus on first; other goals can wait.
- Milestones should be realistic and flexible.
- Review regularly and adjust the plan when life changes.

THIS PACK BELONGS TO

Name

Date started



My Priority Goal

The goal

Why it matters to me

How I will know I am making progress

What could get in the way

Who could support me



Milestone Map

Milestone	Target date	What will show progress?



Weekly Actions

Action	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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