

Worksheet 6-2

Recognizing Measurable Goals

Directions: From the list below, circle the goals that you find measurable.

1. Encourage decision-making.
2. List one strength and one weakness.
3. Develop a better self-concept.
4. Discuss feelings about parents.
5. Relate better to authority figures.
6. Manage time better.
7. Conserve energy in cooking a meal.
8. Handle frustration.
9. Demonstrate pride in personal accomplishment.
10. Plan a weekend activity and carry it out.
11. Define assertive behavior.
12. Complete a task within a time limit.
13. Relieve stress.
14. Eat a well-balanced diet.
15. Plan time to study for a test.
16. Take responsibility for behavior.
17. Attend school regularly.
18. Stay on a diet 80% of the time.
19. Understand yourself better.
20. Strengthen feminine/masculine identity.