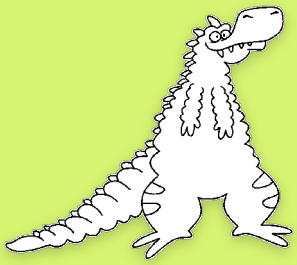
SEL · GOAL SETTING · GRADES 3–5

If–Then Plans

Write an if-then plan for four things that could get in the way of a goal, then make two of your own.

Name: _____ **Date:** _____



Things can get in the way of a goal. An **if–then plan** gets you ready: "**If** this happens, **then** I will do this."
Goal: I will read for 20 minutes every night.

If I want to watch TV instead, then _____

If I forget my book at school, then _____

If I feel too tired at bedtime, then _____

If I get to a hard word, then _____

My goal: _____

If _____ **then** _____

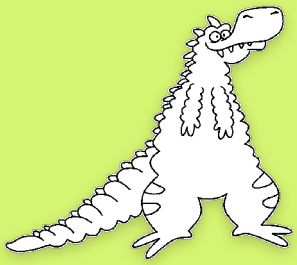
If _____ **then** _____

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ANSWER KEY · GOAL SETTING · GRADES 3–5

Answer Key: If–Then Plans

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Things can get in the way of a goal. An **if–then plan** gets you ready: "**If** this happens, **then** I will do this."
Goal: I will read for 20 minutes every night.

If I want to watch TV instead, then I will read first and watch TV after.

If I forget my book at school, then I will read a library book or a magazine at home.

If I feel too tired at bedtime, then I will read right after dinner.

If I get to a hard word, then I will sound it out or ask someone.

My goal: _____

If _____ **then** _____

If _____ **then** _____

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