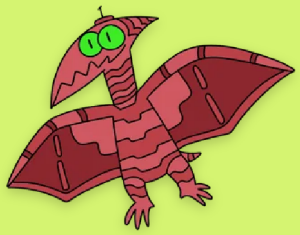
SEL · GOAL SETTING · GRADES 3–5

Wish, Outcome, Obstacle, Plan

Plan a goal four ways: your wish, the best outcome, the obstacle inside you that could get in the way and a plan to beat it.



Name: _____ **Date:** _____

Researchers found that goals work better when you picture the **obstacle**, the thing inside you that could get in the way, and make a plan for it. Try these four steps.

W · Wish: What is something I really want to do?

O · Outcome: What is the best thing that will happen when I do it?

O · Obstacle: What inside me might get in the way? (Tired? Distracted? Nervous?)

P · Plan: If my obstacle shows up, then I will…

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