



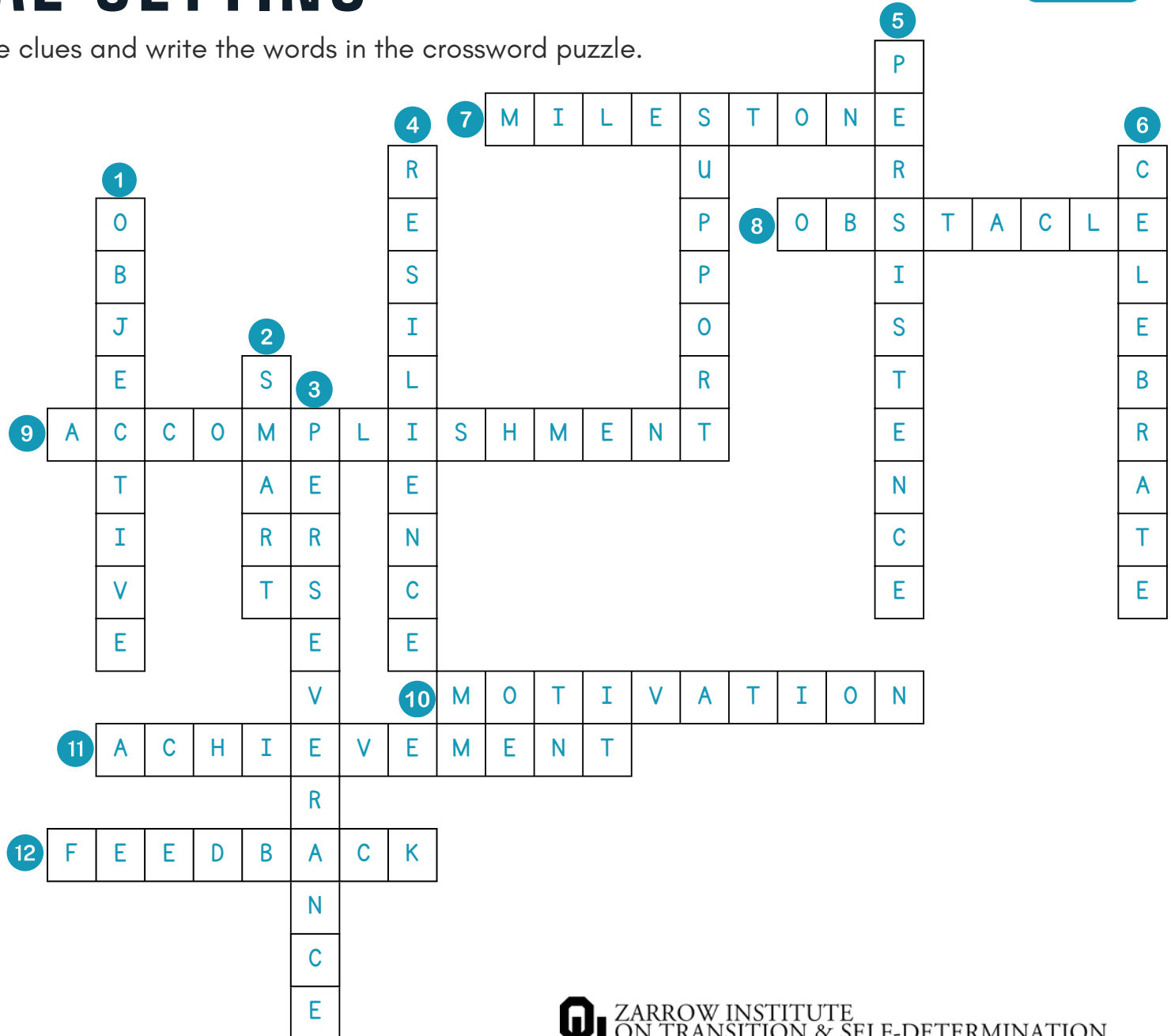
GOAL SETTING CROSSWORD PUZZLE

KEY

CLUES

- 1 a clear goal you can measure, is possible to achieve, makes sense for you, and has a deadline
- 2 a way to set goals that are **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound
- 3 continuing to try even when things are tough
- 4 bouncing back and staying strong when facing challenges
- 5 not giving up when things are hard or take a long time
- 6 enjoy and acknowledge a special day or success
- 7 an important event or step along the way to reaching your goal
- 8 something that gets in the way of reaching your goal
- 9 something you've done well or completed successfully
- 10 reasons that make you want to do something or work towards a goal
- 11 something you've done that shows your skill, effort, or bravery
- 12 help, encouragement, or approval

Read the clues and write the words in the crossword puzzle.



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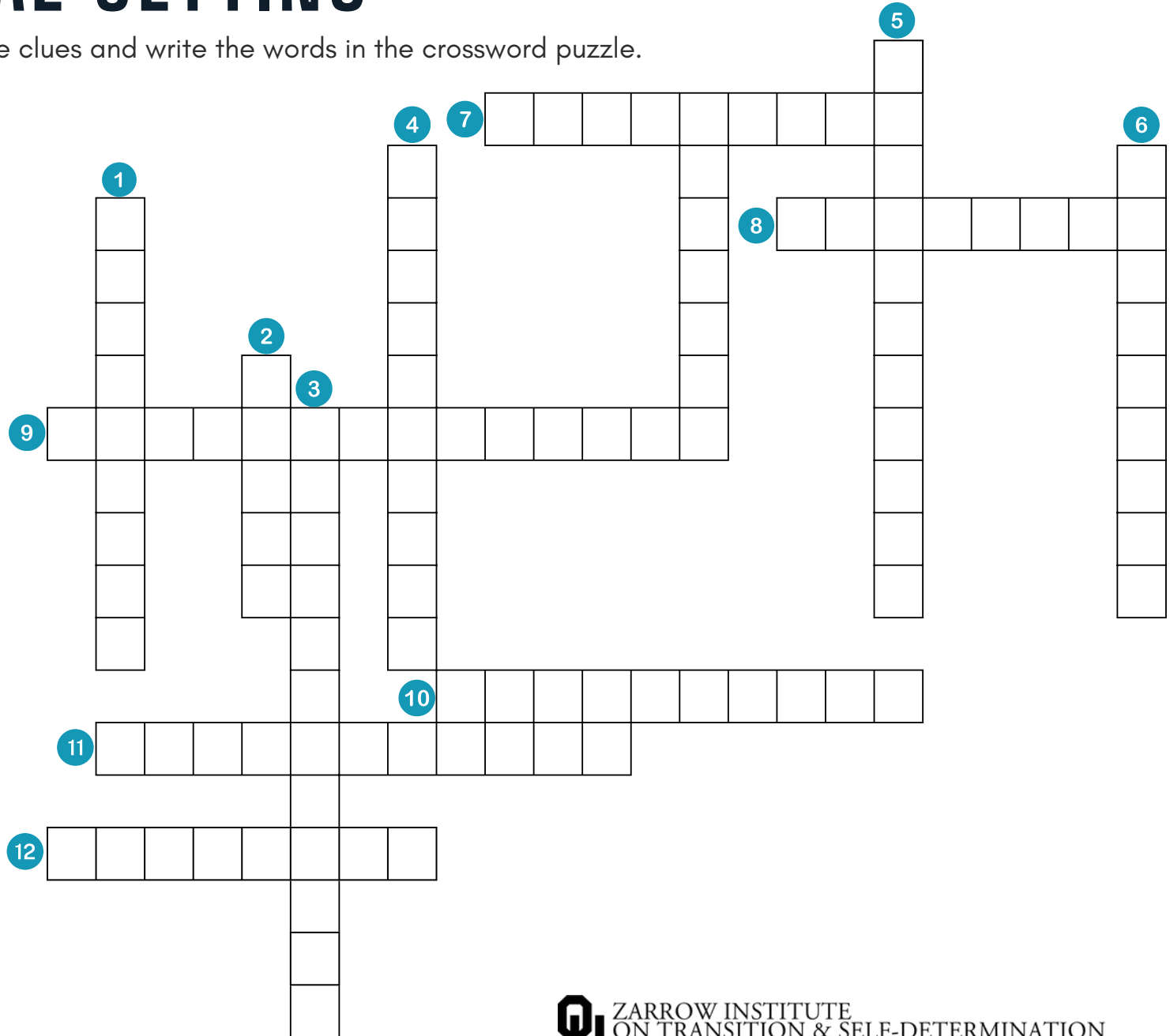


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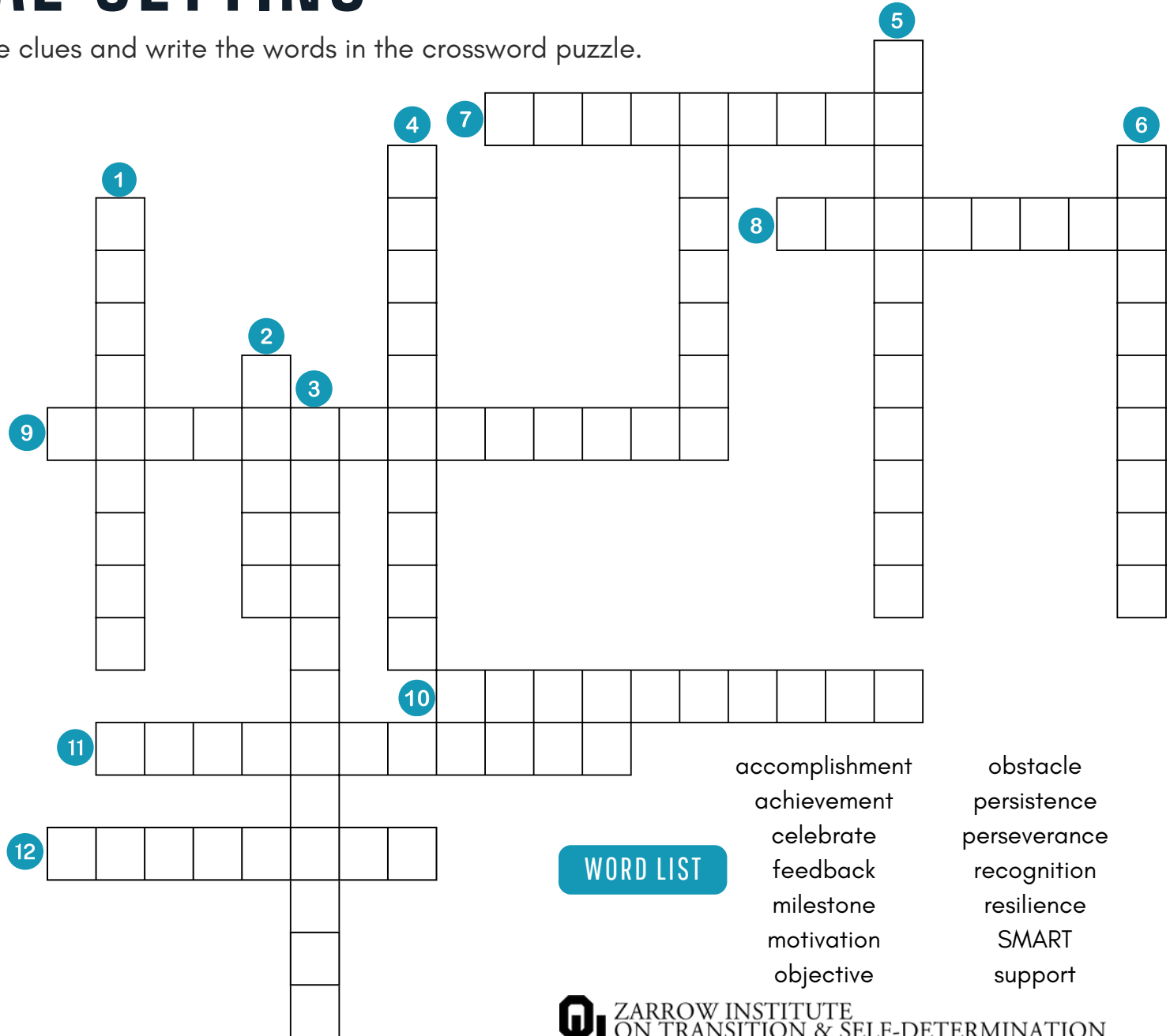


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WORD LIST

accomplishment	obstacle
achievement	persistence
celebrate	perseverance
feedback	recognition
milestone	resilience
motivation	SMART
objective	support



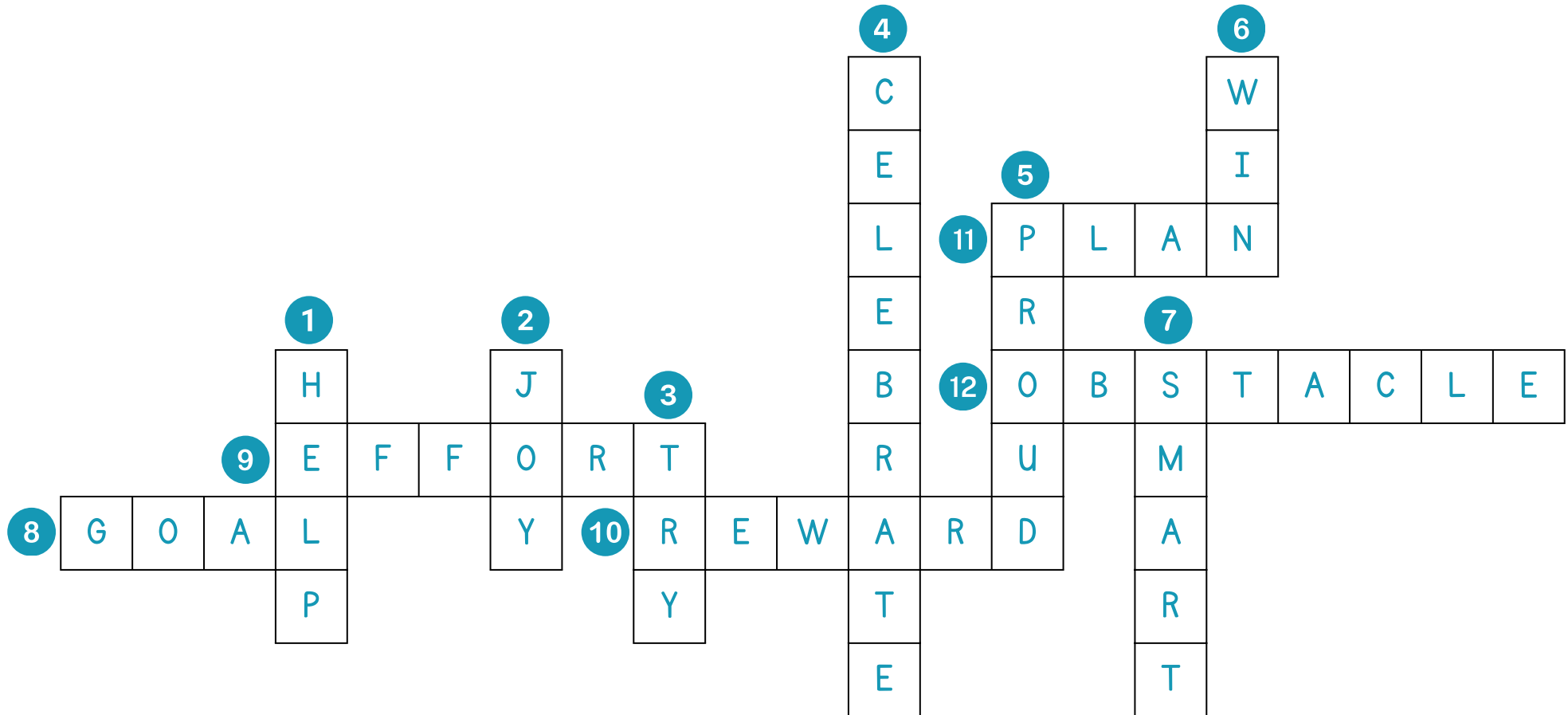
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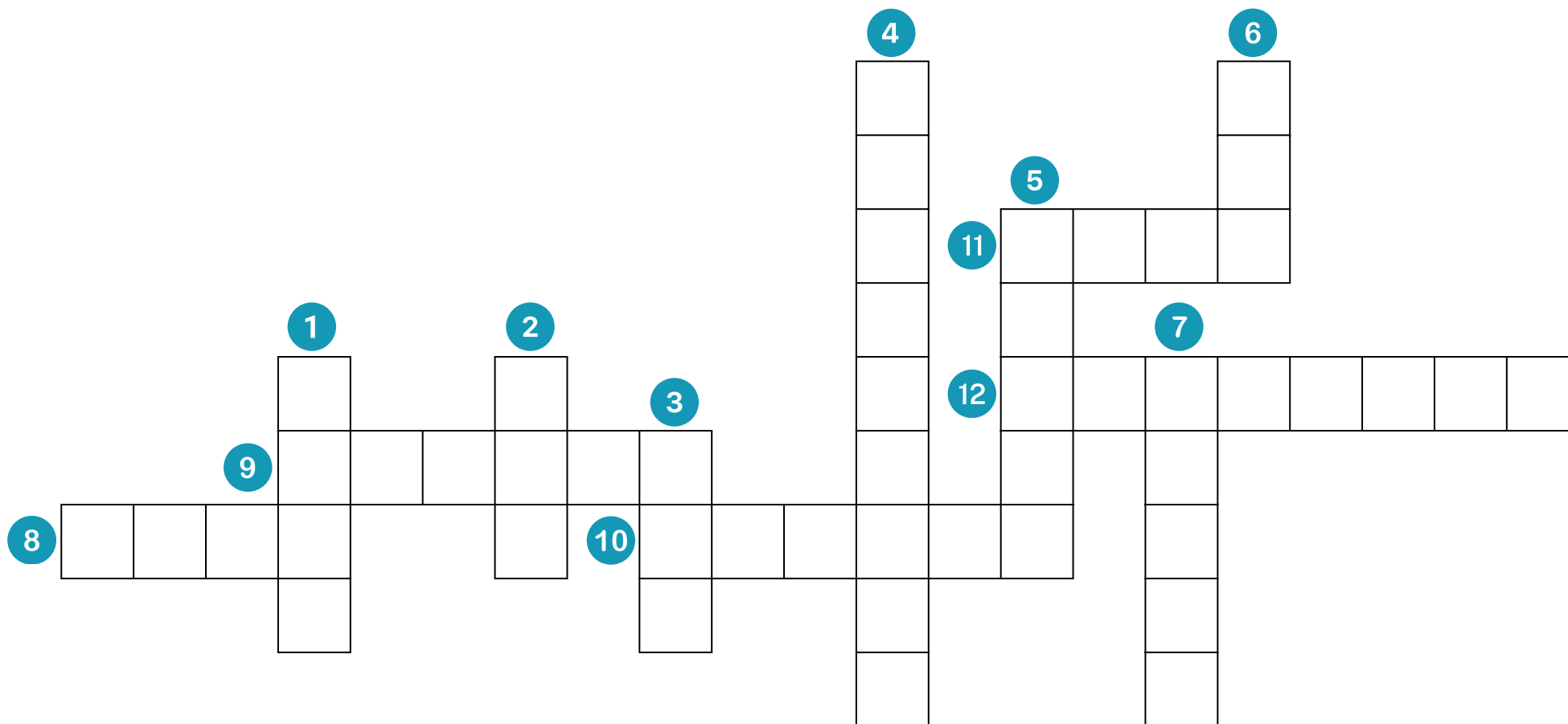


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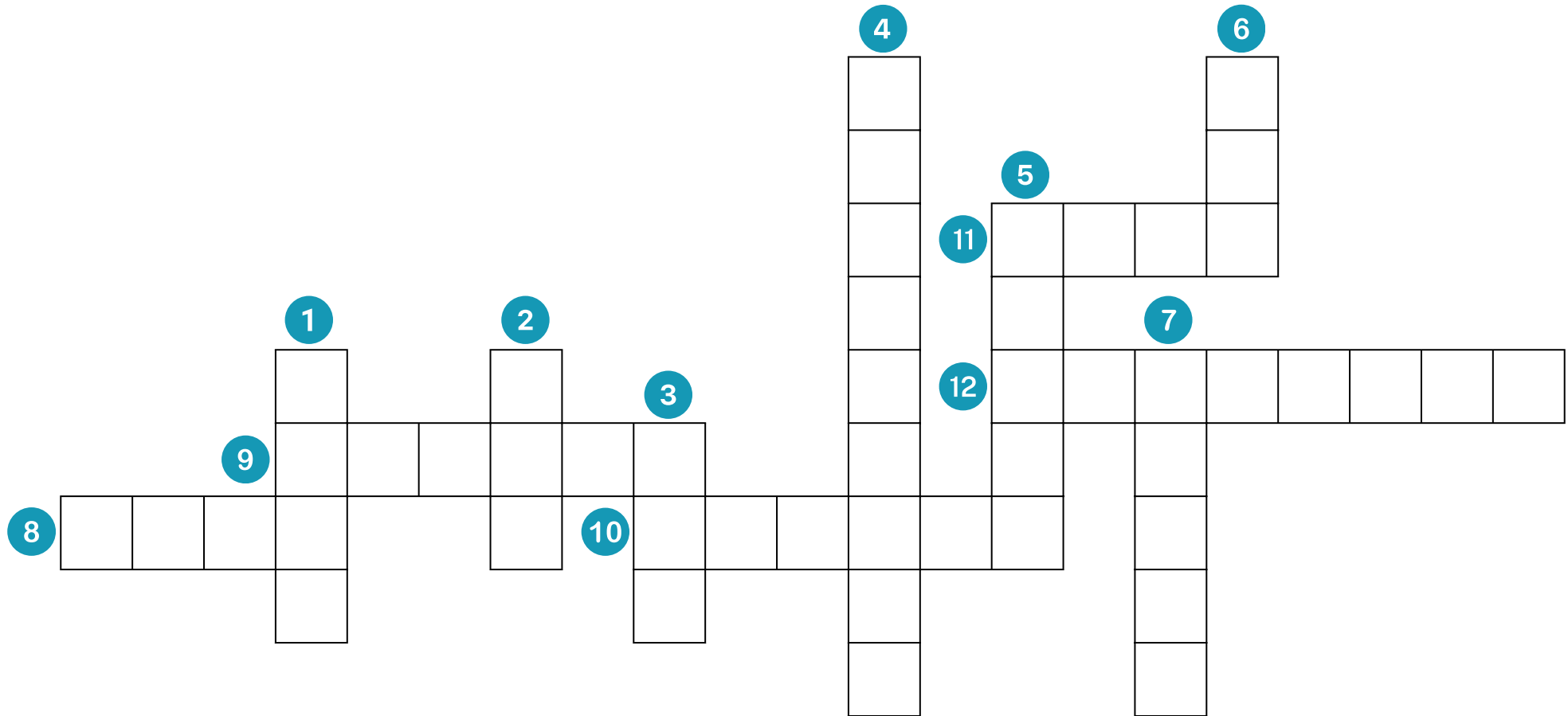


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GOAL SETTING CROSSWORD PUZZLE

Read the clues and write the words in the crossword puzzle.



WORD LIST

celebrate
effort

goal
help

joy
obstacle

plan
proud

reward
SMART

try
win



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GOAL SETTING CROSSWORD PUZZLE

Read the clues and write the words in the crossword puzzle.

CLUES

- | | |
|---|--|
| 1 support from others | 7 a type of goal that is specific and achievable |
| 2 feeling happy about your success | 8 something you want to achieve |
| 3 make an effort to do something | 9 trying hard to reach a goal |
| 4 have fun because you succeeded | 10 something nice or good you get for doing something well |
| 5 feeling good about what you have done | 11 a way to reach your goal |
| 6 succeed or achieve a goal | 12 something that gets in your way |





GOAL SETTING

WORD SEARCH

Locate each word in the word search. Words are hidden → ↓ and ↘.

F	J	M	I	L	E	S	T	O	N	E	I	N	U	G	H	R	E
S	E	L	F	D	E	T	E	R	M	I	N	A	T	I	O	N	K
O	V	P	L	O	Z	F	E	E	D	B	A	C	K	X	N	I	G
B	A	B	X	T	I	S	M	A	R	T	U	R	I	J	G	A	O
J	U	A	C	H	I	E	V	E	M	E	N	T	O	C	V	G	A
E	T	A	C	C	O	M	P	L	I	S	H	M	E	N	T	H	L
C	O	R	E	S	I	L	I	E	N	C	E	L	G	R	X	G	S
T	N	I	N	D	E	P	E	N	D	E	N	C	E	H	N	C	B
I	O	I	M	O	B	S	T	A	C	L	E	R	V	S	K	U	U
V	M	P	E	M	P	O	W	E	R	M	E	N	T	A	G	I	B
E	Y	V	D	W	T	T	R	A	N	S	I	T	I	O	N	U	O
R	S	E	L	F	A	D	V	O	C	A	C	Y	O	X	V	G	Y

ACCOMPLISHMENT

ACHIEVEMENT

AUTONOMY

EMPOWERMENT

FEEDBACK

GOALS

INDEPENDENCE

MILESTONE

OBJECTIVE

OBSTACLE

RESILIENCE

SELF-ADVOCACY

SELF-DETERMINATION

SMART

TRANSITION



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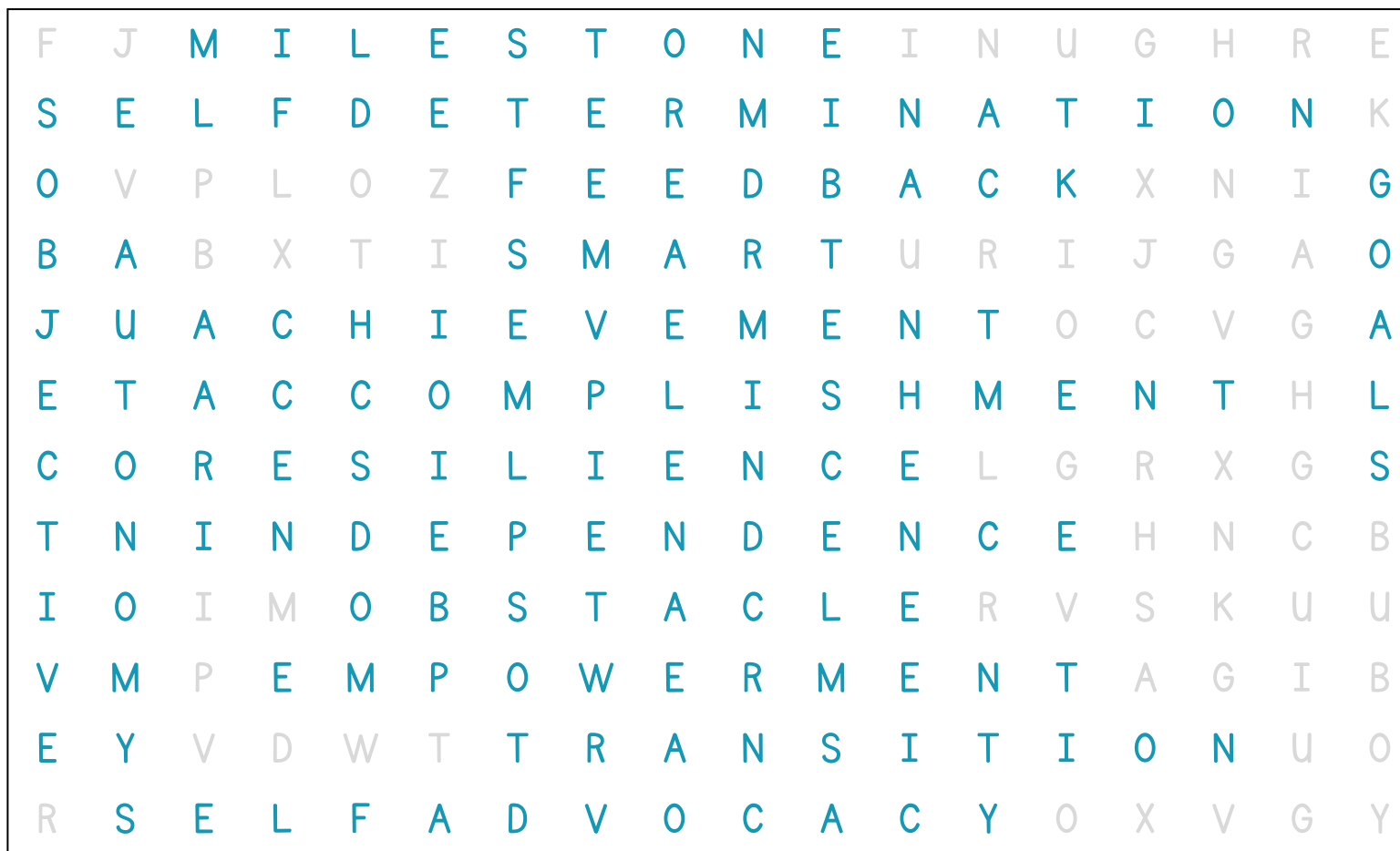


GOAL SETTING

WORD SEARCH

KEY

Locate each word in the word search. Words are hidden → ↓ and ↘.



ACCOMPLISHMENT →

ACHIEVEMENT →

AUTONOMY ↓

EMPOWERMENT →

FEEDBACK →

GOALS ↓

INDEPENDENCE →

MILESTONE →

OBJECTIVE ↓

OBSTACLE →

RESILIENCE →

SELF-ADVOCACY →

SELF-DETERMINATION →

SMART →

TRANSITION →



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GOAL SETTING

WORD SEARCH

Locate each word in the word search. Words are hidden → ↓ and ↘.

ACCOMPLISHMENT

CHALLENGES

CHANGE

CHOICES

DECISIONS

EMPOWERMENT

GOALS

INDEPENDENCE

PERSEVERANCE

PLANNING

REFLECTION

RESILIENCE

SELF-DETERMINATION

SUCCESS

SUPPORT

TRANSITION

M	F	P	L	A	N	N	I	N	G	G	C	L	J	M	P	B	C
H	O	P	E	R	S	E	V	E	R	A	N	C	E	E	G	C	H
M	A	I	N	D	E	P	E	N	D	E	N	C	E	H	O	H	A
Q	M	C	H	A	N	G	E	J	O	B	P	N	M	N	A	O	L
S	U	C	C	E	S	S	U	P	P	O	R	T	D	B	L	I	L
P	B	K	Z	T	R	A	N	S	I	T	I	O	N	C	S	C	E
M	A	A	C	C	O	M	P	L	I	S	H	M	E	N	T	E	N
E	M	P	O	W	E	R	M	E	N	T	D	U	K	E	N	S	G
S	E	L	F	D	E	T	E	R	M	I	N	A	T	I	O	N	E
T	R	E	S	I	L	I	E	N	C	E	S	S	Q	R	S	T	S
N	H	K	E	R	E	F	L	E	C	T	I	O	N	R	Y	G	Z
Q	S	M	P	R	D	E	C	I	S	I	O	N	S	I	T	R	P



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Locate each word in the word search. Words are hidden → ↓ and ↘.

ACCOMPLISHMENT →

CHALLENGES ↓

CHANGE →

CHOICES ↓

DECISIONS →

EMPOWERMENT →

GOALS ↓

INDEPENDENCE →

PERSEVERANCE →

PLANNING →

REFLECTION →

RESILIENCE →

SELF-DETERMINATION →

SUCCESS →

SUPPORT →

TRANSITION →

M	F	P	L	A	N	N	I	N	G	G	C	L	J	M	P	B	C
H	O	P	E	R	S	E	V	E	R	A	N	C	E	E	G	C	H
M	A	I	N	D	E	P	E	N	D	E	N	C	E	H	O	H	A
Q	M	C	H	A	N	G	E	J	O	B	P	N	M	N	A	O	L
S	U	C	C	E	S	S	U	P	P	O	R	T	D	B	L	I	L
P	B	K	Z	T	R	A	N	S	I	T	I	O	N	C	S	C	E
M	A	A	C	C	O	M	P	L	I	S	H	M	E	N	T	E	N
E	M	P	O	W	E	R	M	E	N	T	D	U	K	E	N	S	G
S	E	L	F	D	E	T	E	R	M	I	N	A	T	I	O	N	E
T	R	E	S	I	L	I	E	N	C	E	S	S	Q	R	S	T	S
N	H	K	E	R	E	F	L	E	C	T	I	O	N	R	Y	G	Z
Q	S	M	P	R	D	E	C	I	S	I	O	N	S	I	T	R	P



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GOAL SETTING

CRYPTOGRAM

Write the letter that corresponds to each number to spell a word.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

19	21	3	3	5	19	19

1	3	8	9	5	22	5

16	12	1	14

19	13	1	18	20		7	15	1	12

4	5	3	9	19	9	15	14

15	2	19	20	1	3	12	5

16	5	18	19	9	19	20	5	14	3	5

19	21	16	16	15	18	20

13	15	20	9	22	1	20	9	15	14

1	3	3	15	13	16	12	9	19	8

20	18	1	14	19	9	20	9	15	14



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S	U	C	C	E	S	S
19	21	3	3	5	19	19

A	C	H	I	E	V	E
1	3	8	9	5	22	5

P	L	A	N
16	12	1	14

S	M	A	R	T		G	O	A	L
19	13	1	18	20		7	15	1	12

D	E	C	I	S	I	O	N
4	5	3	9	19	9	15	14

O	B	S	T	A	C	L	E
15	2	19	20	1	3	12	5

P	E	R	S	I	S	T	E	N	C	E
16	5	18	19	9	19	20	5	14	3	5

S	U	P	P	O	R	T
19	21	16	16	15	18	20

M	O	T	I	V	A	T	I	O	N
13	15	20	9	22	1	20	9	15	14

A	C	C	O	M	P	L	I	S	H
1	3	3	15	13	16	12	9	19	8

T	R	A	N	S	I	T	I	O	N
20	18	1	14	19	9	20	9	15	14



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8	5	12	16

19	13	1	18	20		7	15	1	12

5	6	6	15	18	20

15	2	19	20	1	3	12	5

20	18	25

16	18	15	21	4

18	5	23	1	18	4

3	5	12	5	2	18	1	20	5

19	21	16	16	15	18	20

23	9	14



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P	L	A	N
16	12	1	14

S	U	C	C	E	S	S
19	21	3	3	5	19	19

H	E	L	P
8	5	12	16

S	M	A	R	T		G	O	A	L
19	13	1	18	20		7	15	1	12

E	F	F	O	R	T
5	6	6	15	18	20

O	B	S	T	A	C	L	E
15	2	19	20	1	3	12	5

T	R	Y
20	18	25

P	R	O	U	D
16	18	15	21	4

R	E	W	A	R	D
18	5	23	1	18	4

C	E	L	E	B	R	A	T	E
3	5	12	5	2	18	1	20	5

S	U	P	P	O	R	T
19	21	16	16	15	18	20

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