



Activity Canvas

PERSONAL GOALS FOR SKATE CONNECTION

Setting goals is a great way to help us learn new things both on and off our skateboards.

When we set goals for ourselves, we want to think about THREE THINGS-

- 1) What are our goals?
- 2) What can help us achieve our goals?
- 3) What are we going to do after we achieve our goals?

THREE PERSONAL GOALS TO WORK ON DURING THIS PROGRAM

1. _____

2. _____

3. _____

WHAT ARE SOME THINGS THAT CAN HELP US ACHIEVE OUR GOALS?

1. _____

2. _____

WHAT ARE SOME THINGS THAT WE CAN DO WHEN WE ACHIEVE OUR GOALS?

1. _____

2. _____

3. _____
