



My "I Can" Goal Map

Small steps lead to big changes! Use this map to plan your next win.

- **My Goal:** What is one thing I want to be able to do soon? (e.g., try a new hobby or speak up more in class).
- **The Feeling:** How will I feel when I finally do it?
- **My Strengths:** What am I already good at? (e.g., being kind, being creative, or working hard).
- **Step 1:** What is one tiny thing I can do *today* to get started?
- **Step 2:** What is the next thing I will try after that?