

Goal Ideas

Behavior

Do chores when asked
Be patient
Be respectful
Say thank you
Say please
Go to bed nicely
Get up nicely
Don't argue
Stay calm
Don't push
Don't swear
Don't talk back
Don't yell
Treat my friends nicer
Be more assertive
Be less assertive
Stop being so bossy
Keep my hands to myself
Be nicer to my parents
Be nicer to my siblings

Hygiene

Use a tissue to wipe my nose
Wash my hands after using the bathroom
Wash hands before dinner
Cough into my sleeve
Take a bath regularly
Take a shower regularly
Wear clean clothes
Change my socks
Brush my teeth every day
Wash my face every day
Don't talk while I'm chewing

School

Raise my hand when I want to ask a question
Be respectful to teachers and other students
Use my time wisely
Don't talk in class unless I have permission to
Do my homework
Hand in my homework
Keep my school materials organized
Take care of my school text books
Write assignments down in my agenda
Don't disrupt class
Don't blurt out in class
Keep my hands to myself

Money

Open a bank account
Save part of my allowance
Save up for a special item
Donate money to a charity
Get a job
Save up for a pet

Personal

Volunteer in my community
Get a job
Take care of a pet
Get a new pet
Try a new sport
Get better at an old sport
Conquer a fear
Try something I've never done before
Learn a new game
Make a new friend
Visit a relative
Help a relative in need
Clean my room
Keep my room cleaner
Organize my things
Donate some of my old things to charity
Watch less TV
Have less screen time
Keep track of my cell phone
Don't drop my cell phone
Be more careful with my things
Wear my bike helmet
Don't lose my things