

# Wind in Your Sails

**W**hat dreams would you love to achieve? Sometimes sailing toward a big goal feels like a rough journey to a distant land. You're excited about your destination, but you might worry about the challenges you'll face along the way. Will you get lost and need to ask for help? Confront scary sea monsters? Start sinking in doubt? To reach your safe harbor, map out goals for yourself.

Goal-setting helps you keep track of your progress and stay focused and positive. It can encourage you to plan ahead too. If you hit stormy seas, you'll be prepared to navigate them.

Anchor yourself with support from friends and family. Whether you want to learn a new skill, tackle a big project, or go on an adventure, planning and perseverance can keep the wind in your sails!

*AHOY, CAPTAIN!* ON THE SHIP'S HULL, WRITE A MAJOR GOAL AND THE DATE YOU WANT TO REACH IT. WRITE YOUR PLANS ON THE SAILS TO HELP CHART YOUR COURSE.

DRAW A SYMBOL OF YOUR GOAL ON THE TOP SAIL.

