# Skill-Building Challenge Worksheet: Goal-Setting for Mental Toughness

Name: Blank Class: Blank Date: Blank

**PART 1:** Review different ways to build mental toughness. Write down the ones that are most appealing to you.

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| **Ways to Build Mental Toughness** |
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**PART 2:** Write two short-term goals (days to weeks) and one long-term goal (month to six months) that will help you develop mental toughness. Revisit your goals to evaluate your progress and reflect on what things helped or hurt you in achieving your goals.

Short-term goal: Blank

Short-term goal: Blank

Long-term goal: Blank

**PART 3:** Answer questions about your goals:

1. What is something specific you could do to help you be successful in reaching your goals?

2. How might your ability to reach your goals be impacted by other demands on your time and energy?

3. What is something another person could do to support you in reaching your goals?