SCORE is a great way to make sure the goals you set for yourself are achievable. It can also be a great tool for introducing kids to the idea of setting goals and planning out how to accomplish them.

**Say it simply.**
Make sure to keep your goal as simple as possible. It’s best if you can say it in just one sentence.

**Choose your steps.**
Goals are easier to complete when you break them down into smaller steps.

**Organize your time.**
Decide when you want to complete your goal and then get it done on time. Remember to give yourself enough time to get through each of the steps you listed.

**Rate your goal.**
To make sure your goal is do-able, rate it using the Feeling Thermometer. The best goals are those in the green zone.

**Excellent job!**
You created a great new goal, now go out and do it!