

Name: _____

Date: _____

Hurdler Handout

Directions: Think about something you want to improve. On the left, write how you are now. On the right, write a goal for how you want to be in the future. Then, think about what obstacles might stop you from reaching your goal. Place one obstacle in each of the hurdles. Finally, make a plan to "jump over" each hurdle and write it under the leaping hurdler!

