

**Crittenton Services of Greater Washington presents**

## **A unique goal-setting journal for the modern teen girl**

*Sponsored by*

The Maryland Department of Health and Mental Hygiene, Center for Maternal and Child Health

The University of Maryland School of Social Work

Educational Opportunity Center, A Program of the College Board

### **Crittenton Services of Greater Washington**

Crittenton Services of Greater Washington is a youth development organization with a singular focus – strengthening the ability of teen women to identify, embrace, and achieve their academic, career and life goals. Drawing on a 120-year history of working with teen women, CSGW employs national best practices to develop and deliver holistic-based programs that ensure we are a consistent and positive presence in the lives of the teen women we serve. We integrate support, education and skill building into a 4-5 year program individually tailored to the needs of each participant. CSGW produces measurable results focused on three strategic objectives:

- 1) improve academic performance
- 2) increase workforce readiness and
- 3) increase adoption of healthy behaviors.

These three objectives are the foundation of *My Life Planner: Today, Tomorrow, Forever*, a goal-setting journal for the modern teen girl.

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**this book belongs to:** \_\_\_\_\_



## To All the Girls that Rule!

In case you did not know it – YOU are an amazing girl and you have the ability to do whatever you choose. But you can't just hope and wish your life will be all that you deserve. You have to start planning now and work at it everyday. But don't be scared – there are people to help you find your way and help steer you on the right path to a fantastic future.

This book will help you to start planning for your future by setting goals. Do you already have a few goals for yourself? GREAT! You can get started and learn more about how to put in steps to reach those goals. Or maybe you have no idea what you want to do with your life. That's ok too! This book is going to help you think about what you might like to do in the future and then help you set realistic goals for today, tomorrow, and into your adulthood.

Today you start your life planner. It is filled with fun activities to help you define your goals, make achievable pathways to reaching your goals and discover that you are closer to your dreams than you may think.

Let's get started!!!

Look for the pathways throughout this booklet.

# How to use the goal pathways

## goal 1

This is where you will plan and plot your journey to reach your goals. You may not always be able to fill in all the steps...but every step is a step forward!

**step I will take**

when:

**step I will take**

when:

**step I will take**

when:

**I'll know I've made it when**

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