



Youth and 4-H
4-H Personal Goal Record

Name:

Current Year (as of January 1):

Age (as of January 1):

Set 4-H goals each year to improve personal skills, to increase participation in your 4-H group, or to help other people. A minimum of two goals each year is suggested. (Do not include project related goals here; include these on the project record form.) Possible personal goals might include:

1. To arrive on time at 4-H meetings this year.
2. To attend 4-H camp this summer.

Goals (each statement should include the Action [How] Result [What] Timetable [When] of your plans.)	Date Completed

List below what you do to reach your goals. Record things you do throughout the year.

Evaluation:

Tell what you learned, how you feel, and/or how you have grown or changed by reaching your 4-H personal goals. If you changed your goals during the year, that's okay; you may want to include why, what worked and what did not work as you planned.

On a separate sheet of paper you might want to add pictures and clippings that relate to your personal goals. Pictures and clippings related to projects you enrolled in should be included with the 4-H Project Record Form; those related to other 4-H activities should be included with the 4-H Participation Summary.