Youth and 4-H
4-H Personal Goal Record
Year: ________

Name: ____________________________ County: _______________________

Age: _______________ Grade: _____________ Years in 4-H: _______________

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.) 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.)

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

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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.

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Extension programs are available to all without regard to race, color, national origin, religion, sex, age, or disability.