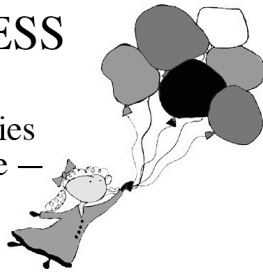


# LIFE SUCCESS

for Students with  
Learning Disabilities  
—A Teacher Guide—

www.LDsuccess.org



A project of the FrostigCenter  
971 Altadena Drive, Pasadena, CA 91107  
www.Frostig.org

## Self Goals

### **Physical**

Sports  
Health  
Appearance

### **Artistic**

Visual arts  
Music  
Dance  
Writing/story-telling

### **Social**

Family relationships  
Friends  
Group membership

### **Community/Public**

Helping others  
Helping the community  
Participating in activities

### **Emotional**

Coping with stress  
Problem behaviors  
New behaviors

### **Spiritual/Moral**

Religious beliefs  
Right and wrong behaviors

My physical goals are \_\_\_\_\_  
Steps I'll take

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My artistic goals are \_\_\_\_\_  
Steps I'll take

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My social goals are \_\_\_\_\_  
Steps I'll take

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My public/community goals are \_\_\_\_\_

Steps I'll take

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My emotional/psychological goals are \_\_\_\_\_

Steps I'll take

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My spiritual/moral goals are \_\_\_\_\_

Steps I'll take

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_