

## **My Personal Goals**

### **\* I Think and Create\***

**I express myself and experience life with joy.**

**I am getting to know myself better.**

**As I think, so I am.**

**I go to [www.smoothtransitions4teens.com](http://www.smoothtransitions4teens.com) (ST4T) video channel:**

**Interpersonal Skills / Personal Objectives**