

Instructions:

- 1. Choose one goal (related to school, sports, future, health, etc.)**
- 2. Break it down using SMART criteria**



- 3. List 2–3 daily or weekly habits that support that goal**
(For example: staying substance-free, getting sleep, practicing, etc.)

4. How can marijuana use negatively affect your goal?
(Select all that apply)

- Slower reactions Trouble focusing Low energy Low motivation
- Suspension Charges Other-