### ALCOHOL AND YOUR DEVELOPING HYPOTHALAMUS

**Goal Setting**

Write your answers in full sentences.

1. **What is your goal?**
   
   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________

2. **Why do you want to achieve that?**
   
   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________

3. **How much time do you have to reach your goal?**

   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________

4. **What steps are you going to take to make sure you reach your goal?**

   __________________________________________________
   __________________________________________________
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**To learn more** about teaching units on the impacts of underage drinking and peer pressure, see additional lessons from *Ask, Listen, Learn*

[See all lessons](AskListenLearn.org)