

Part 2



GOAL SETTING WORK SHEET

Guidelines for writing goals:

1. Select a goal over which you have control.
2. Ask if the goal is too big or too easy.
3. Avoid using vague words, such as: *some*, more, often, better, etc. Use measurable terms.
4. Be sure the goal is YOURS, and not someone else's.

Name _____

Date _____

What Will You Do?

Nine-week goal: (short-term)

- 1.
- 2.
- 3.

Semester goal:

- 1.

What do you need to do differently to help you to obtain these goals? What self-defeating behaviors (enemies) will you give up?

How will you measure your progress? Be specific and detailed.

- 1.
- 2.
- 3.
- 4.

Who or what will verify that you have reached the goals?

- 1.
- 2.
- 3.
- 4.

State goal here:

Example: I will qualify for the Promise by the spring of my junior year.

I will _____ by _____ (date).

(Place in binder)