Goal-setting Organizer 1

Name: _____   Date: _____

My goal is _____

_____

_____

I am choosing this goal because

_____

_____

To reach this goal I will:

1. _____

2. _____

3. _____

It will take me _____ days to reach my goal.

Did I reach my goal? ☐ yes   Why/Why not? _____

☐ almost   _____

☐ no   _____

_____

Goal-setting Organizer 2

Date: _____

Name: _____

	Is your goal:
	☐ specific?
	☐ measurable?
	☐ achievable?
	☐ realistic?
	☐ time-based?

Goal	My goal is to …
Rationale	I chose this goal because …
Action plan	To reach this goal, I will …
Measurement	How will I know if I am successful?
Self-reflection	What would I do differently?

Chinese Language and Culture 9Y Guide to Implementation (4–6)

Goal-setting Organizer 3
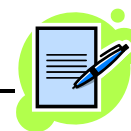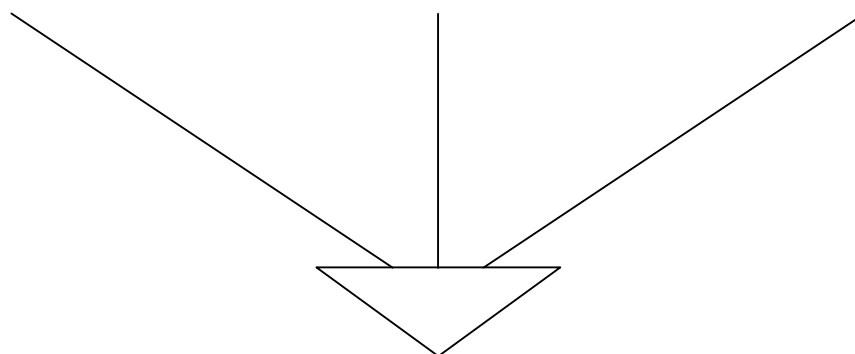
Name: _____   Date: _____

Goal Planning: Start Small

My long-term goal is _____
_____ by _____

The smaller steps that will help me reach this goal are:

Short-term Goal A	Short-term Goal B	Short-term Goal C
_____ _____	_____ _____	_____ _____
To reach this goal, I will:	To reach this goal, I will:	To reach this goal, I will:
• _____ • _____ • _____ by _____	• _____ • _____ • _____ by _____	• _____ • _____ • _____ by _____

I will know I have reached my long-term goal when _____
_____
_____

Goal-setting Organizer 4

Name: _____   Date: _____

What Can Affect Your Goals?

Personal commitment

Personal habits

Goal

_____

_____

_____

Support of others

Personal resources (including skills)