

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

almost

no

Why/Why not? _____

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?

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:

- _____
- _____
- _____

by _____

To reach this goal, I will:

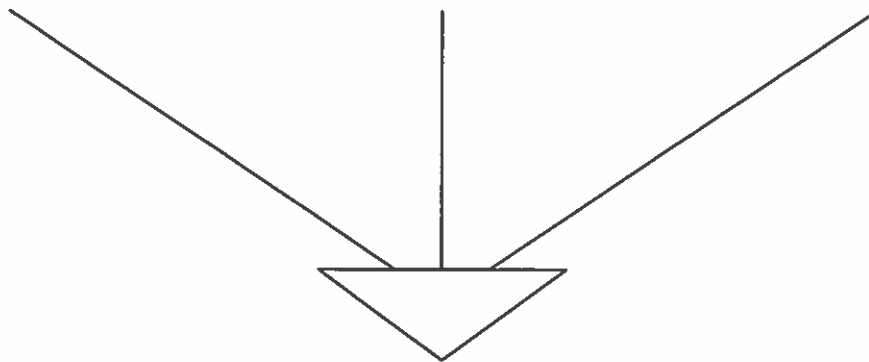
- _____
- _____
- _____

by _____

To reach this goal, I will:

- _____
- _____
- _____

by _____



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

Goal-setting Organizer 4



Name: _____

Date: _____

What Can Affect Your Goals?

