SETTING GOALS

FALL

WINTER

SPRING

SUMMER

LIST YEARLY GOALS

GOAL GUIDELINES

MAKE GOALS REALISTIC

- Unrealistic: I will not watch TV.
- Realistic: I will not watch TV until my homework is done.

MAKE GOALS SPECIFIC

- Vague: I will exercise more.
- Specific: I will walk for 30 minutes each day.

SET A TIMELINE

- When should I accomplish my goals?
- What steps must I take to achieve my goals and stay on track?

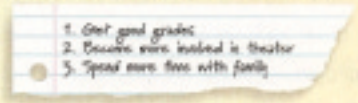
SET SHORT-TERM GOALS

- earn a "B" or better on my math test
- join a school organization
- clean my room

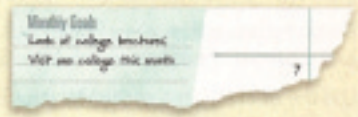
SET LONG-TERM GOALS

- look at college brochures
- list interests and career possibilities
- graduate with honors

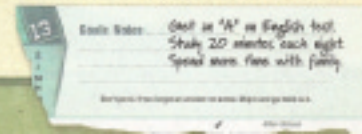
Make a list of what's important to you.



Write long-term goals in the Monthly Goals space of the monthly calendar pages.



Write short-term goals in the Goals/Notes space of the weekly calendar pages.



NO GOAL IS OUT OF REACH



5 FIVE STEPS TO ACHIEVING YOUR GOALS

1) DECIDE WHAT'S IMPORTANT

Goals are based on what's important to you. Make a list of things, such as good grades, athletics, or spending time with family.

2) SET YOUR GOALS

Based on what's important, set goals. In your Student Planner, write long-term goals on the monthly calendar pages. Write short-term goals on the weekly calendar pages.

3) PLAN HOW TO ACHIEVE

Review your goals every day. Decide what needs to be done each week in order to achieve them. Write this in the Goals/Notes space on each weekly calendar page.

4) FOLLOW THROUGH

Achieving a goal is an important step in your personal growth and in raising your self-esteem. Review the steps you took to reach your goal. If something didn't work, revise the steps to better suit your purposes.

5) CONTINUE SETTING GOALS

After achieving one goal, plan for the next one. If your goals seem too easy, make them more challenging. If they are too difficult, revise your goals to make them more realistic for you.