
GOAL SETTING TO GOAL ACHIEVING

STEP 1. THINK ABOUT THE PAST

What have you been struggling with?
Grades? Organization? Completing
Work?



STEP 2. PICK A STRUGGLE AND WRITE A GOAL

Decide which struggle you want to work
on overcoming and set a SMART goal
for it.



STEP 3. TAKE ACTION

Who can hold you accountable? What
do you need to do to reach your goal?
What skill might you need to develop?



STEP 4. BE PATIENT

Sometime we do not achieve our goals
the first time. Continue setting goals in
smaller steps to work your way up to
your bigger goal.



REMINDERS:

- Ask for help! (teachers, parents, friends)
- Start small with your goals!
- Celebrate the small achievements!