

Goal Setting Worksheet



Step 1: Create Your Goal

Naming my goal – keep it SMART!

My goal is:

.....

I will achieve this goal by:

For example, "I will know all my times tables off by heart by April."

Step 2: Plan to Achieve Your Goal

To reach my goal I need to

People who can help me are

- | | |
|---------|-------|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |

Hurdles that might make it difficult are

They can be overcome / avoided by

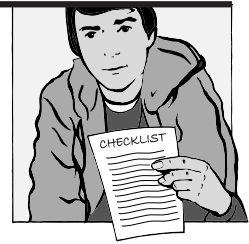
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“Write it down. Written goals have a way of transforming wishes into wants; can't's in cans; dreams into plans; and plans into reality. Don't just think it - ink it!”

Unknown

← continued



Step 3: Put Your Plan Into Action

Date

How am I going?

.....
.....
.....
.....
.....
.....
.....

Step 4: Review Your Success / Failure

Did I achieve my goal? Yes No

What worked well?

What didn't work?



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.....

My next goal is:

Want more?

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