

# Goal Setting



One of the best ways to start the school year strong and keep yourself focused is to set goals! You will need to think about the steps you will need to accomplish to ultimately help you reach your goal. Here's where to start!

- ❑ **Decide what you want to achieve** academically, socially or personally.
- ❑ **Write down the steps you need to reach each of your goals.** Aim high but keep it simple so it is achievable for you. This could be "I will try to make a new friend by introducing myself to two people I don't know this week" or "My goal is to study for 20 minutes after I get home from school every day." Get started by using a SMART goals worksheet!
- ❑ **Think ahead about obstacles that may come up and write down a plan of how you will overcome those obstacles.** Think about who can help you achieve your goals, like helpful resources or people in your school.
- ❑ Finally, **put your goals in a place you will always look at them and be reminded of your plan.** For example, a phone note, take a photo of them or a sticky note on your bathroom mirror. It may help to find someone who can hold you accountable to your goal like a trusted friend or adult.

**Bonus tip:** This is helpful for large assignments too! Notice when the assignment is due and come up with the small daily steps you can take to achieve the assignment on time.

Think about the time it will take you to achieve each step and give yourself plenty of time. It's easy to put off starting a big project or studying for a test until the last minute. You'll be much less stressed out if you give yourself more time to work on it.

## Notice Your Wins

Sometimes we get busy and forget to acknowledge the good things happening for us or around us. Noticing wins is important for our mindset and helps us keep a positive outlook.

Just think about how it feels when you receive praise, like when you get a part in the play, get a good grade on a test or a coach notices that you've been improving.

When you play your favorite video game there's always a celebration when you make a big accomplishment — music, flashy lights and a "great job!" message.

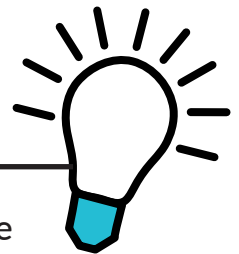
When you sink a three pointer, score a touchdown or you spike on the other team, there's the cheer of the crowd roaring behind you.

But when you get through the day without having a meltdown, you've just made a snack for your sibling or finally finished that annoying math problem... none of that happens.

This is why it's important to pause daily and take time to notice your wins.

- ❑ **Take some time today and write down 3 things you accomplished.** You can use a piece of paper, a journal, or a phone app. Make a habit of this and you'll find that your brain loves the reward!
- ❑ You can also **track gratitude with a journal.** Include three things you are grateful for each day. This will help you see what is going well and keep a positive outlook.

# My SMART Goal



Use the prompts to help you think of the specific details of your goal. Fill in the completed goal at the end! Post this somewhere so you can be reminded of your goal.

My Goal is	Questions to Think About	My Answers
<b>Specific</b>	<ul style="list-style-type: none"> <li>• What do I want to accomplish?</li> <li>• What small steps can I take to accomplish this goal?</li> <li>• Where do I have to do the work for this goal?</li> </ul>	
<b>Measureable</b>	<ul style="list-style-type: none"> <li>• How can I make it measurable?</li> <li>• How do I know I am making progress toward my goal?</li> <li>• How do I know when I've accomplished my goal?</li> </ul>	
<b>Attainable</b>	<ul style="list-style-type: none"> <li>• What do I need to do to achieve the goal?</li> <li>• Do I need help from others?</li> <li>• Are there known obstacles or requirements I have to keep in mind?</li> </ul>	
<b>Relevant</b>	<ul style="list-style-type: none"> <li>• Why do I want to accomplish that goal?</li> <li>• Why is this goal important to me?</li> </ul>	
<b>Timely</b>	<ul style="list-style-type: none"> <li>• When do I want to achieve it by?</li> </ul>	

**My SMART Goal is:** \_\_\_\_\_

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