



Goal Setting Plan

1. What is *one* area of your school performance you really want to improve? This is your *long-term goal*. It may take you several weeks, months, or even a whole school year to accomplish this goal.

2. What is *one* thing you can do to help you reach your goal? This is your *short-term goal*. You can accomplish this goal in two to four weeks.

3. What steps do you need to take to reach your goal?

4. What would be good about reaching your goal?

5. What things or people might keep you from reaching your goal? These are your *obstacles*. What can you do to get around your obstacles? These are your *solutions*.
 - Obstacles

 - Solutions

6. What special materials or help do you need to reach your goal? These are your *resources*.

7. How will you reward yourself if you reach your goal? These are your *incentives*.

CONTINUED →

Adapted from *Up from Underachievement* by Diane Heacox, Free Spirit Publishing, 1991.

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Goal Setting Plan (continued)

8. How and when will you check on your progress? Who will help you do this—a teacher, a parent, a friend?
Write down your checkpoint dates.

- Checkpoint Dates

- Signature _____

Today's Date _____

Sign here _____

Have a parent, teacher, or friend sign here _____

Clip and Post

Write your goal below. Cut off this part of your Goal Setting Plan and post it somewhere you will see it every day.

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