

Goal Setting :

Decide what you want and then plan and accomplish measurable goals to reach your desired future.

Small
Example: I want to get an "A" on my paper.

Big
Example: I want to earn an "A" in my English class.

Set Your Goals...

S pecific

M easurable

A chievable

R elevant

T ime-Bound

Activity

1. In your notebook, write down your goal for a class, semester, or big dream.
2. Be specific and answer who? what? where? when? and how?
3. What are the milestones to your goal?
4. Is your goal realistic with the tools you have? What tools or skills do you need?
5. Is your goal aligned with your values and future endeavors?
6. Create a deadline for your goal.

Platform Options:

Written

- ~Notebook
- ~Planner/Calendar
- ~To-do List
- ~Vision Board

Electronic

- ~Google Calendar
- ~Notion
- ~Reminders
- ~Google Docs

