

# SET A CHALLENGING GOAL

Name: \_\_\_\_\_

<b>Specific</b> <b>S</b> <b>G</b> What do you want to do?	<b>Measurable</b> <b>M</b> <b>O</b> How will you know when you've reached it?	<b>Achievable</b> <b>A</b> <b>A</b> Is it in your power to accomplish it?	<b>Realistic</b> <b>R</b> <b>L</b> Can you realistically achieve it?	<b>Timely</b> <b>T</b> <b>S</b> When exactly do you want to accomplish it?
--	--	--	---	---

## What do you want to achieve?

(Something long rang, maybe it will take a month, months, or even until the end of the school year.)

---

---

---

## How will you know when you've reached your goal?

---

---

---

Is it in your power to accomplish your goal?  
How will you accept failure as opportunities to grow?

---

---

---

How will you realistically achieve your goal?  
(What are the steps? Are you willing to later your plan if needed?)

---

---

---

---

---

---

---

---

---

---

When do you hope to complete your goal?  
(What can support this goal? Would a time line help? How can you impliment reminders for yourself?)

---

---

---