

# GOAL SETTING

## MY THREE WISHES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## WHAT IS GRIT?

## LEARNING GOALS

FOCUS YOUR WISHES ON WHAT YOU NEED TO LEARN TO ACCOMPLISH YOUR WISH

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## SMART GOALS

TURN ONE LEARNING GOAL INTO A SMART GOAL.

PROMISE YOURSELF YOU WILL DO IT.

- **Specific** (simple, sensible, significant).
  - **Measurable** (meaningful, motivating).
  - **Achievable** (agreed, attainable).
  - **Relevant** (reasonable, realistic and resourced, results-based).
  - **Time bound** (time-based, time limited, time/cost limited, timely, time-sensitive).
- <https://www.mindtools.com/pages/article/smart-goals.htm>

### STUDENT EXAMPLE OF A SMART GOAL

I will go to tutoring for math class every Monday for trimester 2 in order to raise my overall understanding of writing linear equations.

MY SMART GOAL: