

MY GOAL WORKBOOK

TODAY'S DATE _____

My personal goal for this week is...

My academic goal for this week is...

	MON	TUES	WED	THURS	FRI	SAT	SUN
PERSONAL							
ACADEMIC							

PARENT: Please initial in the box for each day that you have seen your daughter working to accomplish her goals!

NEED SOME HELPFUL SUGGESTIONS?

1. Set smaller, more realistic goals so you can succeed!
2. Do not be upset if you don't accomplish your goals, but make sure you are putting as much effort forth as you can!
3. Remember the S-M-A-R-T Method:
 - Specific/Significant
 - Measurable/Meaningful
 - Attainable/ Action-Oriented
 - Relevant/ Rewarding
 - Time-Bound/ Trackable