

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

Quarter (circle one): 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup>

# My Personal Goal

Motivation is a fire from within.

If someone else tries to light that fire under you, chances are it will burn very briefly.  
~ Stephen Covey

I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is my goal **SMART**?

\_\_\_ **S**pecific

\_\_\_ **M**easurable

\_\_\_ **A**ttainable

\_\_\_ **R**elevant

\_\_\_ **T**ime-Framed

Steps I will take to reach my goal:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I will achieve this goal by (date): \_\_\_\_\_

## Evaluation

Goal met?:

**yes**



Great work!  
Set a new goal!

**no** (That's OK - keep working hard!)



- I will keep working on this goal.  
Complete a new goal sheet.  
Think about other steps you might take to reach your goal.
- I need to change my goal.  
Complete a new goal sheet.  
Why didn't you reach your original goal?  
Make sure your goal is SMART.