



# STEP-BY-STEP GOAL PLANNER

Write out your plan and crush your goal!

MY GOAL IS:

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START DATE:

DEADLINE:

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WHY IS THIS GOAL IMPORTANT TO ME?

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I WILL KNOW I'VE REACHED THIS GOAL BECAUSE:

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IS REACHING THIS GOAL WITHIN MY POWER?

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ONE POSSIBLE OBSTACLE THAT COULD STOP ME:

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HOW I WILL OVERCOME THIS OBSTACLE:

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FRIENDS OR FAMILY WHO COULD HELP ME REACH THIS GOAL:

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# ACTION STEPS TO REACH YOUR GOAL

Smaller steps you need to take to get you to your big goal.



STEP:

TIME LIMIT: WHERE I'LL WORK ON IT:

DAY & TIME I'LL WORK ON IT:

NOTES:

STEP:

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STEP:

TIME LIMIT: WHERE I'LL WORK ON IT:

DAY & TIME I'LL WORK ON IT:

NOTES:

GOAL PROGRESS CHECK-IN:

THIS WEEKS TALLY:



## SAMPLE GOAL PLAN #1



**MY GOAL IS:** *To speak up more in class!*

*I will look for opportunities to speak in front of the class to build up my self-confidence and also help my classmates learn.*

**START DATE:** *Monday, September 12th*

**DEADLINE:** *Friday, September 30th*

**WHY IS THIS GOAL IMPORTANT TO ME?**

*Because I want to become more confident in what I know and in speaking in front of a group.*

**I WILL KNOW I'VE REACHED THIS GOAL BECAUSE:**

*By the end of three weeks (on Friday 30th), I will have raised my hand at least 15 times to answer the teacher's questions.*

**IS REACHING THIS GOAL WITHIN MY POWER?**

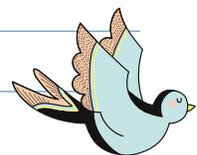
*Yes, I will raise my hand more when the teacher asks the class for answers. I will keep a tally sheet of all the times that I raised my hand in class.*

**ONE POSSIBLE OBSTACLE THAT CAN STOP ME:** *Fear! Also I might feel embarrassed that my answer might be wrong or sound silly.*

**HOW I WILL OVERCOME THIS OBSTACLE:** *Accept that it's okay to feel afraid to speak up. I'll practice talking with my closest friends about my favorite topics.*

**FRIENDS OR FAMILY WHO COULD HELP ME REACH THIS GOAL:**

*My dad will ask to see my tally sheet every Friday afternoon to keep me on track and motivated.*



# SAMPLE ACTION PLAN #1



STEP: 1) Practice talking about what I learnt in today's math lesson

TIME LIMIT: 2 min. WHERE I'LL WORK ON IT: Bathroom mirror

DAY & TIME I'LL WORK ON IT: Today at 6 pm

NOTES:

STEP: 2) Practice speaking with my friends about the book I'm reading

TIME LIMIT: 5 min. WHERE I'LL WORK ON IT: Library

DAY & TIME I'LL WORK ON IT: Thursday, Sept. 8th

NOTES: Remember to take the book with me on Thursday

STEP: 3) Raise my hand in Math class

TIME LIMIT: 30 min. WHERE I'LL WORK ON IT: Math class Rm. 10A

DAY & TIME I'LL WORK ON IT: Monday, Sept. 12th

NOTES: If I don't know the answer - just ask a question. 1

STEP: 4) Raise my hand in French class

TIME LIMIT: 30 min. WHERE I'LL WORK ON IT: French class Rm 204

DAY & TIME I'LL WORK ON IT: Tuesday, Sept. 13th

NOTES: Revise chapter 3 before class 1

STEP: 5) Raise my hand twice - in P.E. and Math class

TIME LIMIT: 30 min. WHERE I'LL WORK ON IT: Gym & Math class

DAY & TIME I'LL WORK ON IT: Thursday, Sept 15th

NOTES: Make up for missing Wednesday's opportunity. 2

GOAL PROGRESS CHECK-IN: Saturday Sept. 17th

I'm doing quite well. I was a bit nervous in Monday's math class but I felt pretty good after. My dad's proud that I'm pushing my self to speak up more in class. First week down and two more to go!

THIS WEEKS TALLY: 4