

“Goal Setting”

Name:		
Grade:	Class:	Date:

1. I recognize the importance of having goals, and I can set deadlines to achieve my goals.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

2. I recognize that a long-term goal can be broken into a series of steps, or smaller goals.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

3. I can identify personal obstacles to taking action and then make a plan to act on an immediate goal.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

4. I can define “perseverance,” and I recognize that I do not need to abandon a goal when I meet obstacles and difficulties.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree