

January 2019 Portvisory




be the best you can be



Goal Setting

Agenda for Today

1. File Reflections
2. Self Assessment
3. Goal Setting
4. Goal Sharing



YOU ARE
CAPABLE
OF SO MUCH
MORE THAN
YOU CAN EVEN
IMAGINE.

Why set goals?

Why do you think it is important to set goals?



What makes a good goal?

- 1 SPECIFIC**
What do I want to accomplish?
- 2 MEASURABLE**
How will I know when it is accomplished?
- 3 ACHIEVABLE**
How can the goal be accomplished?
- 4 RELEVANT**
Does this seem worthwhile?
- 5 TIME BOUND**
When can I accomplish this goal?

Making sure that your goal is a SMART goal makes it easier to achieve

Goal Setting

S
Specific

What exactly will you do?

Not Specific
I want to get good grades

Specific
I will get at least a 90 on the next math test

M
Measurable

How will you know if you did it?

Not Measurable
I will be the best player on my team.

Measurable
I will score four goals this season.

A
Attainable

Can you do this?

Not Attainable
I will remember everything my teacher says.

Attainable
I will follow directions the first time during Reading.

R
Relevant

Why do you want to do this?

Not Relevant
I will learn all the 3rd grade spelling words in 2nd grade.

Relevant
I will practice my addition and subtraction facts.

T
Time Based

How long will it take to do?

Not Time Based
I will study for the next math test.

Time Based
I will study on Tuesday after school with my sister.

NAME:

DATE:

Make 'Em SMART

Fix It. I will get good grades in math this year.

- Specific
- Measurable
- Attainable
- Relevant
- Time-Based

Fix It. I will never call out.

- Specific
- Measurable
- Attainable
- Relevant
- Time-Based

Fix It. I will be the best player on my soccer team.

- Specific
- Measurable
- Attainable
- Relevant
- Time-Based

Making Goals SMART

How can you fix these goals to make them better and more likely to be achieved!?!?

Setting Your Goals Step 1: How are you doing right now?

In order to make a relevant goal you need to identify how you're doing right now!

- Where could your efforts improve?
- Where would you like to see better results?

Goal Prep

Rank the effort you put forward last term in...
(1: no effort, 10: LOTS of effort!)

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 1. Your homework | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. Participating in Class | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. Preparing for projects, tests, etc | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. Hobbies/ extra curriculars (art, music, sports, etc) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5. Being a good friend | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6. Being a helpful member of the community | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7. Being a helpful member of your family | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8. Making healthy choices | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Things you want to get better at:

Setting Your Goals Step 2: Pick something to work on

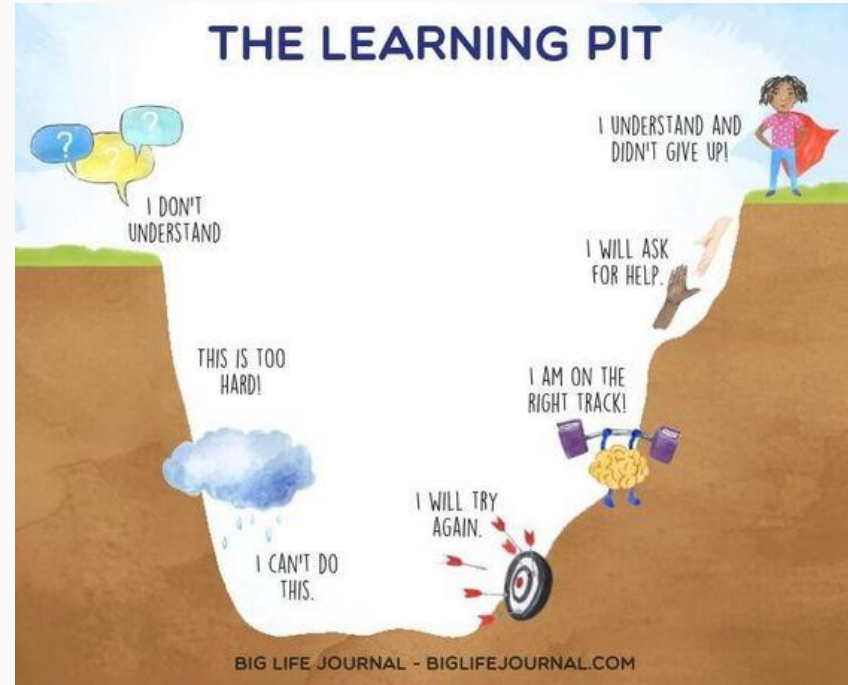
Your goal can be about ANY part of your life!

A class in school

Health and wellness

A hobby (sports, arts, music, etc),

Family/ friends/ life at home!



Setting
Your
Goals
Step 3:

Write it
down!

Goal Setting

This term my goal is

I will accomplish this by

1.

2.

3.

I will hold myself accountable by:

BEFORE YOU GO:

Think!! How will you remember
your goal?!!??!