WHAT RESOURCES DO YOU NEED TO ACHIEVE THIS GOAL?

WHY IS THIS GOAL IMPORTANT?

IS YOUR GOAL:

* **Specific?** Narrow and focused.
* **Measurable?** You know when you’ve reached it.
* **Achievable?** It is attainable for you.
* **Realistic?** It is attainable for everyone.
* **Timely?** There is a set timeframe for accomplishment.
* **Evaluated?** Goal is checked weekly.
* **Revised?** Goals are revisited and revised as needed.

ACADEMIC GOAL STATEMENT:

|  |  |  |  |
| --- | --- | --- | --- |
| DATE | AM I ON TRACK WITH MY GOAL? | HOW DO I KNOW? | WHAT DO I NEED TO BE SUCCESSFUL? |
| Week 1: | * Yes
* No
 |  |  |
| Week 2: | * Yes
* No
 |  |  |
| Week 3: | * Yes
* No
 |  |  |
| Week 4: | * Yes
* No
 |  |  |
| Week 5: | * Yes
* No
 |  |  |
| Week 6: | * Yes
* No
 |  |  |
| Week 7: | * Yes
* No
 |  |  |
| Week 8: | * Yes
* No
 |  |  |
| Week 9: | * Yes
* No
 |  |  |

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PERSONAL GOAL STATEMENT:

|  |  |  |  |
| --- | --- | --- | --- |
| DATE | AM I ON TRACK WITH MY GOAL? | HOW DO I KNOW? | WHAT DO I NEED TO BE SUCCESSFUL? |
| Week 1: | * Yes
* No
 |  |  |
| Week 2: | * Yes
* No
 |  |  |
| Week 3: | * Yes
* No
 |  |  |
| Week 4: | * Yes
* No
 |  |  |
| Week 5: | * Yes
* No
 |  |  |
| Week 6: | * Yes
* No
 |  |  |
| Week 7: | * Yes
* No
 |  |  |
| Week 8: | * Yes
* No
 |  |  |
| Week 9: | * Yes
* No
 |  |  |