

Goal Setting for Follow-Up Weeks

Would you like to change the goal you set for the end of this class?

Yes No

- If you answered yes, please fill out a new “Goal Setting for Week 1” form.
- If you answered no, please continue filling out this form.

SMART Goal for the Week

Think about a SMART Goal that you can achieve this week. Ideally, it should be something that you can work on each day that will help you achieve your goal for the Whole Class. What SMART goal would you like to achieve this week?

Is your goal SPECIFIC?

Yes No

How will you MEASURE your goal?

Is your goal ATTAINABLE?

Yes No Maybe

How is your goal RELEVANT? Why is it important to you?

Is your goal TIMELY? Can you complete it this week?

- Yes No Maybe

If you answered no, by when do you plan to achieve your goal?

Is this a goal you can work on each day? If so, what is your plan to work on this goal each day? Try to be specific. Write about the specific days and times you will work on your goal. Write about scheduling conflicts or distractions that may impact your plan. Write about the specific tasks that you will work on each day to accomplish your goal.

How will you feel if you accomplish 100% of your goal for this week?

How will you feel if you don't accomplish any of your goals for this week?
