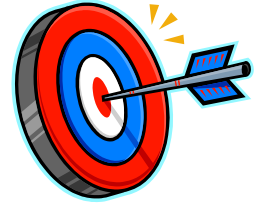


Setting Powerful Goals

Guidelines and Examples

Powerful Goals are . . .



- **Stated in Positive terms**

Write what you want, instead of what you don't want!

- **Clear and Specific**

Use simple words to state exactly what you want to achieve.

- **Measurable**

How will you know when you have reached your goals?

Examples

Instead of . . .



- Get Good Grades
- Don't get in trouble
- No more tardies

Write . . .

- Earn A/B Honor Roll for this grading period
- Earn an A on Conduct every week
- Arrive on time for school every day



Writing Action Plans

Guidelines and Examples

Strong Action Plans . . .

- **Tell HOW you are going to reach your goal**
Explain what you plan to do, not why you are doing it
- **Use Clear and Specific words**
Use simple words to say exactly what steps you plan to take
- **Often include more than one step or strategy**
Try to think of at least 2 steps you can take to reach each goal



Examples

Instead of . . .  Write . . .

- | | |
|--|--|
| <ul style="list-style-type: none">• Study more | <ol style="list-style-type: none">1. Write down my homework and check my planner at home2. Study at least 15 minutes a day |
| <ul style="list-style-type: none">• Don't be late! | <ol style="list-style-type: none">1. Set my alarm clock every night2. Help mom get my brother ready for school3. Go to bed before 9 p.m. |

