**Goal Setting Instructions Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**A goal is a target or something you want to achieve. If we do not have goals, we will have no idea where we’re headed and will not know when we get there. Keep in mind your physical abilities, mental health, and heart desires when setting goals**.

 **Characteristics of a Good Goal**

**S**(pecific) Goal is specific--clear and narrowed down. Example “I want to do good in school.” vs. “I want to pass my classes with an 80%.

**M**(easureable) Goal is measureable. Can you put a number or time to it?

**A**(chievable) Goal is something you can do by yourself.

**R**(elevant) Goal is not “far-fetched” or unattainable. Example “I will play football in the NFL” vs. “I will play on the Montford football team as a starter.”

**T**(ime management) Goal has a time frame/deadline. Example “I want to pass Language Arts” vs. “I will maintain a B average in Language Arts.”