

TRUE CHARACTER

A Balanced Approach to
Character Development



Goal-Setting – School Age

Name: _____

Happy New Year! This month we are talking about setting goals. When we set goals, we know what we want to accomplish and have a plan to achieve it! Below, decide on something you wish to achieve and fill in the blanks based on creating a SMART goal. Remember, you can do this exercise with anything you want to achieve.

S

What specific thing would you like to achieve? Be as clear as possible.

M

Make it measurable. How will you know you are achieving it? What changes?

A

How attainable is your goal? What makes it attainable?

R

Is it reasonable? Why do you want to reach this goal?

T

How will you track it? What will you do to see that you achieve it?

On the back, draw a picture of you achieving your goal.