

TRUE CHARACTER



A Balanced Approach to
Character Development

Goal-Setting – Teens & Adults

Name: _____

This month we are talking about setting goals: deciding what you want to accomplish and making a plan to achieve it. Is your goal learning something? Is it earning something? Below, fill in your smart goal with what you want to achieve and make a plan. Remember, keep it realistic!

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?

My plan: _____

Barriers to overcome to achieve my goal: _____