

MY GOAL SETTING

3 STARS AND A WISH

- Come up with 3 **“Stars”**, things you do well
- Come up with a **“Wish”**, something to work on (a goal!)

EXAMPLE

I am a star at..

**Playing
piano**

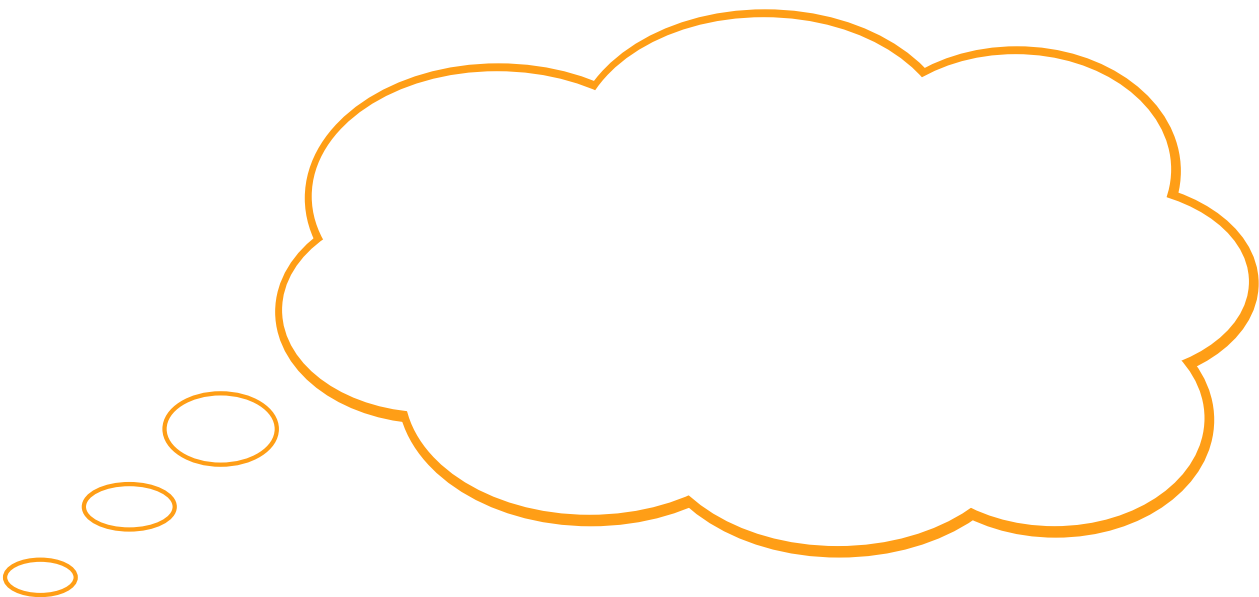
**Writing
Poems**

**Being a good
friend**

My wish

**I want to learn
how to debate!**

MY 3 STARS AND A WISH



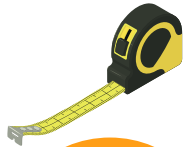
S.M.A.R.T. GOAL



S

SPECIFIC

Specific means that your goal is detailed and exact.



M

MEASURABLE

Measurable means that you can track your progress and know exactly when your goal is met. It usually involves numbers.



A

ATTAINABLE

Attainable means that your goal is reasonable and that it is not out of reach for you.



R

RELEVANT

Relevant means that your goal is worthwhile. It is something important to you.



T

TIME-BOUND

Timely means your goal will be accomplished within a given timeframe.