

## Setting Goals Worksheet One

Here are some suggestions that don't relate directly to grades but will have a **positive impact** on your performance at school. Put a tick next to the those that you think might be useful for you.

Getting to class on time \_\_\_\_\_

Always having the equipment you need in class \_\_\_\_\_

Only watching TV on the weekend OR reducing the amount of time you watch TV by 1 hour per night \_\_\_\_\_

Learning how to take notes effectively in class \_\_\_\_\_

Keeping your locker clean and organised \_\_\_\_\_

Making up a study group with friends and working together after school one day per week \_\_\_\_\_

Asking the teacher for help when you don't understand something \_\_\_\_\_

Reading the next chapter the night before you start a new topic so you are familiar with the content \_\_\_\_\_

Rewriting class notes that night to refresh your memory \_\_\_\_\_

Participating more in class discussions \_\_\_\_\_

Trying to listen more and not be distracted by friends \_\_\_\_\_

Trying to make notes more legible so you can read them when you get home \_\_\_\_\_

Before you start setting goals why not try to answer these two questions honestly?

Am I ready to spend my time and energy doing what I need to do to help me change my dreams into goals and then proceed to achieve them?

Will I be able to keep on working on these goals and not get discouraged when things get tough?

If you can say **YES** to both of these then you are on your way!!