

My Goals

YOUR NAME HERE

Reframe Your Thinking

Working towards your goals can be challenging. When you feel frustrated, you can adjust your thinking. Practice by rewriting these negative thoughts.

I give up.	<i>I'll try a different strategy.</i>
This is too hard.	Type here
I made a mistake.	Type here
I'll never be as smart as her.	Type here
It's good enough.	Type here
I'm not good at this.	Type here
I don't care.	Type here
Type here	Type here
Type here	Type here
Type here	Type here
Type here	Type here

SMART Goal

Specific

Measurable

Achievable

Relevant

Timely

What exactly do you want to do?

How will you know you are successful?

Is your goal challenging but attainable?

Does your goal match your important data?

What is your deadline for meeting your goal?

Name

Close Read

Deadline

November 4, End of Quarter 1

Goal

Type here

Action Step 1

Type here

Action Step 2

Type here

Action Step 3

Type here

Name

Argument Write

Deadline

November 4, End of Quarter 1

Goal

Type here

Action Step 1

Type here

Action Step 2

Type here

Action Step 3

Type here