

# Goal Setting

Research shows that good goals have certain qualities. The acronym MRS should help you remember what they are.

- Good goals should be **Meaningful**.

They should be meaningful to you, not necessarily something other people want for you. They should be something you are passionate about. What do you think Barack Obama, or “Barry” as they used to call him, was passionate about when he was a kid?

- Your goals should be **Realistic**.

For example, if you want to be a pro soccer player and you’re already twenty-two, and you’ve never really played soccer competitively, that might not be a realistic goal.

- Your goal should also be **Stretching**.

Like a rubber band holding papers, your goal should be ‘not too hard’ but ‘not too easy’. You need just the right amount of tension to make it work.

## Drafting Your Goals

For the 2024-2025 school year, you will be required to draft two goals - one academic goal and one character goal. Your ILD teacher will spend some time conferring with you when you return to help you bring these goals to their final form. Bring the drafted goals with you on the first day of school.

Before drafting your academic and character goals on the Destination Postcard (see the next page), spend some time reflecting on the following questions:

### **Academic Goal**

- What is an academic goal that’s meaningful, realistic, and stretching to you, one you want to achieve this year?
- Think about what success will feel like if you achieve your goal. What will you feel?
- What differences will you see?

### **Character Goal**

- What is a character goal that you might want to work on this year?
- Will it compliment your academic goal? Or will it compliment some other area of your life?
- What differences will you see?

### **Academic Goal**

I WILL \_\_\_\_\_

Action Steps:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Challenges**

What problems might you encounter in reaching your goal?

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Strengths and Resources**

What strengths do you have that will help you reach your goal, or what do you need to help you reach your goal?

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Character Goal**

I WILL \_\_\_\_\_

**Action Steps:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Challenges**

What problems might you encounter in reaching your goal?

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## Strengths and Resources

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