

Personal Goal

To help you come up with ideas for your goals start with a brainstorm:

What are three things in your **personal life** that you are proud of or work hard at (for example: I am playing hockey this year, or I read 10 books this summer or I play the trumpet) Chances are you already are working towards goals in your personal life and starting with these can be really helpful:

- 1.
- 2.
- 3.

Now from this list or other things that you may want to try or achieve in your seventh grade year try to come up with ONE personal Goal:

Draw a picture of what it will look like when you accomplish your goal:

Now make your personal goal:

S - Specific: Make it specific! What do you want to accomplish?	
M - Measurable: Make it measurable. For example I will score 3 goals this year in soccer - you can tell when you achieve it. How can you measure your progress?	
A - Attainable: How can the goal be accomplished? What are the steps you are going to take?	
R - Relevant - How does this goal connect to you? Is this goal worth working hard to accomplish?	
T - Timely - Make it timely!- When will your goal be accomplished by?	

Academic Goal:

What are some long term goals that you have for yourself? What are some hopes that you have for the future for a career?
What are some skills that you want to work harder at?

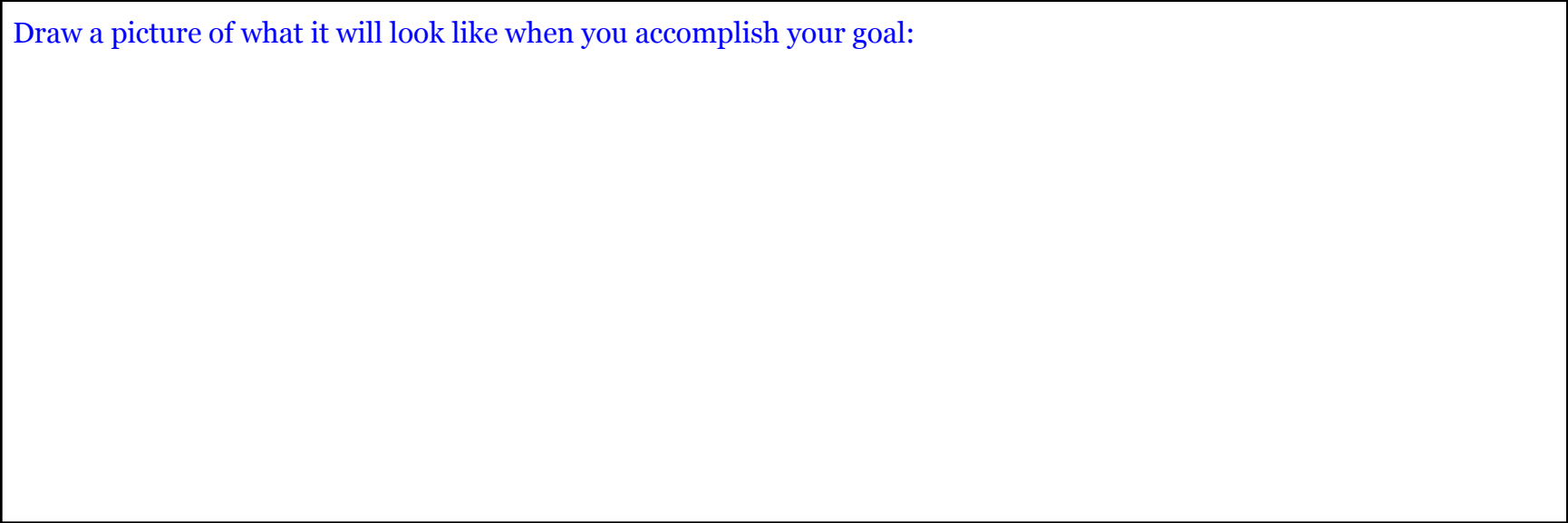
1.

2.

3.

Now from this list or other things that you may want to try or achieve in your seventh grade year come up with one academic Goal:

Draw a picture of what it will look like when you accomplish your goal:



S - Specific: Make it specific! What do you want to accomplish?	
M - Measurable: Make it measurable. For example I will score 3 goals this year in soccer - you can tell when you achieve it. How can you measure your progress?	
A - Attainable: How can the goal be accomplished? What are the steps you are going to take?	
R - Relevant - How does this goal connect to you? Is this goal worth working hard to accomplish?	
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