

Name: _____ Date: _____ Pd: _____

Fortitude to Fly: MJ's Story Unit Packet

Student Pre- and Post-Unit Prompts



Fortitude to Fly: Goal Setting!

Before starting this unit, do your best to write a short response to these prompts. It is okay if you do not yet have complete responses to them at this point. Save your responses. At the end of the unit, you will revisit your responses and modify them according to your new learning.

1. What is your approach to setting and monitoring your goals?

Pre-Unit Response	
Post-Unit Response	

2. How do you think “Fortitude to Fly” will change/has changed your approach to goal setting?

Pre-Unit Response	
Post-Unit Response	

3. What challenges do/did you face while working toward your goals, and how do/did you overcome them?

Pre-Unit Response	
Post-Unit Response	

Topic/Objective:		Essential Question(s):
Questions & Cues:	Notes ~ Highlights ~ Facts	
Summary:		

Goal Setting Outline (S.M.A.R.T)

Write a clear and specific goal that you want to accomplish. Be sure to include a realistic deadline; reflect on the purpose of your goal by explaining why it matters to you and how it will make a difference in your life. Finally, create a detailed list of actions and behaviors that are manageable tasks to help you stay focused and on track.



What do you want to do (accomplish)? <input type="checkbox"/> Short-Term <input type="checkbox"/> Mid-Term <input type="checkbox"/> Long-Term	By what date do you want to accomplish/complete your goal?	

What is the purpose of this goal? “The Why”	NOTE: This is where you speak on the true passion and reason for the goal. What would this mean for you to accomplish? What does this feel like for you? Mentally & Emotionally

How will you accomplish this goal? Create an <u>ACTIONS & BEHAVIORS LIST!</u>	NOTE: List <u>ACTIONABLE BEHAVIORS & ROUTINES</u> that you can execute consistently that would lead you to accomplish your goal.

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