## My Goal Chart

Hey y'all! Writing down your goals can be very helpful and often leads to a higher probability of achieving the goals you set. This template has goals for athletics, academics, and personal along with a calendar for you to stay on track!

E.X.
Month: <u>January</u>
Academic Goal: Get an A on my history test
Week 1:
Academic Goal:
☑ Create flashcards to study terms
Week 2:
☑ Study terms 15min each night
Week 3:
☑ Have a friend quiz me three times during the week
Week 4:
☑ Find a practice test online and complete it before the test
Month:
Academic Goal:
Athletic Goal:
Personal Goal:
Week 1 (First step to reach goal):
Academic Goal:
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Athletic Goal:
Personal Goal:
Week 2 (Next step to reach goal):
Academic Goal:
Athletic Goal:
Personal Goal:
Week 3 (Next step to reach goal):
Academic Goal:
Athletic Goal:
Personal Goal:
Week 4 (Final step to reach goal):
Academic Goal:
Athletic Goal:
Personal Goal:

Reflection:						
Did I reach my goal? If so, what did I learn while taking the steps to reach						
it? If not, how will I change my steps to achieve it next time?						
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Athletic Goal:
Personal Goal:
Week 4 (Final step to reach goal):
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