



MySchoolROCKS loves to hear about young people achieving success. One of the best ways to set yourself up for success is to set **GOALS**. Please use *this ROCKS activity booklet* to:

- Learn important definitions that explain goal setting
- SET positive **GOALS** of your own that will help you grow!

R~ Realistic O~ Objective C~ Calculate K~ Keep Track S~ Success

R-

REALISTIC: Try to be honest when setting goals. Is your goal **REAL** or a dream that “might happen one day”? Set goals that work to your strengths. **What is in your control?**

O-

OBJECTIVE: Like the “object” of a game, what are you trying to accomplish? Do you want to be better at something **OR** do you want to become successful with something new?
Set a specific target!!

C-

CALCULATE: Using a calendar, notebook, or a sheet of paper, **calculate & map out how long will it take** to achieve your goal.
Remember, be honest (real). 👍

K-

KEEP TRACK: Using the same notebook or calendar, track your progress **once a week** and then move to **once a month** or longer (6 months?)

S-

SUCCESS: Take a look at your weekly/monthly progress and **celebrate ALL successes**. A win is a win no matter how big --- **Build on it!**



Name:



Date:

Sample Activity: Please use the following example as a guide to help you set your own goals. *You can use the same MySchoolROCKS phrases!!* **IDEA:** Many understand the importance of homework—however, setting goals around homework is a powerful step to success.

GOALS



HABITS



SUCCESS

REALISTIC: The goal that I want to achieve is....

I will spend more time per day reviewing and finishing my homework...

OBJECTIVE: The specific target that I want I achieve is....

I will set a specific time slot every day to focus on homework. Why? This will help me better prepare for daily work, tests and projects.

CALCULATE: How long will it take to achieve my goal?

My goal is to invest the next _____ weeks or _____ months to achieve my goal of _____ (restate your goal) ...

KEEPING TRACK: Using my calendar/journal/notebook or paper...

I will check my progress once a day OR once a week... This is the hardest part but I will persevere!

SUCCESS: After _____ days or _____ weeks of hard work....

After a sincere effort over these _____ days, WOW—I was able to accomplish _____

Name:



Date:

GOAL SETTING ACTIVITY:

Using these resources, please plan out your own goal(s). GOOD LUCK!!

GOALS



HABITS



SUCCESS

REALISTIC: The goal that I want to achieve is....



OBJECTIVE: The specific TARGET that I want I achieve is....



CALCULATE: It will take _____ to achieve my goal...



KEEPING TRACK: Using my calendar/journal/notebook or paper...



SUCCESS: After _____ days/_____ weeks of hard work I will be able to:



Name:



Date:

GOAL SETTING EXTENTION ACTIVITY:

In this activity, set an “in” school *AND* an “outside of school” goal.

GOALS



HABITS



SUCCESS

An “ <i>IN SCHOOL</i> ” Focused Goal	A Goal for <i>OUTSIDE</i> of School
R	R
O	O
C	C
K	K
S	S