



Name: _____ Grade: **9** Date: _____

Instruction: Write TRUE or FALSE appropriately on the line.

1. _____ Setting Goals are important to achieve success in life
2. _____ Goals do not have to be specific (exactly what you want).
3. _____ Goal planning does not need a timeline.
4. _____ You can set short term goals
5. _____ You can set long-term goals.
6. _____ If your goals are not realistic you can become discouraged.
7. _____ Goal setting is planning out how you want your past to look.
8. _____ If you set a goal, it does not have to be measurable (trackable).
9. _____ Setting goals allows us to see our achievements/ how far we have come in life.
10. _____ All goal planning should use a S.M.A.R.T. approach.

Instructions: Identify whether the goal is **SPECIFIC, MEASURABLE, ACHIEVEABLE, REALISTIC** or **TIME BASED** in the space provided.

1. _____ I will finish the assigned book for my class by reading 10 pages per day.
2. _____ I will master my multiplication facts by the end of the month
3. _____ Complete my science project draft by the end of the week
4. _____ I will actively participate in class discussions at least twice during each class period.
5. _____ Establish a routine to finish all homework and assignments before the deadline.

Created by:
Mrs. Samantha Forbes
H/PLE Subject Coordinator