My Learning and Personal Goals: Steps to Success

The Iceberg Illusion of Success

Read and answer questions:

What do you see in the picture?

Why is the bigger part of the iceberg under the water?

Can you think of a time when you worked hard for something?

What do you think people do to succeed that others don't see?

How can this picture help you with your own goals?

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Different Goals

People set goals in different areas of life: health goals, career goals, financial goals, family goals, social goals etc..

Let's focus on 3 different goals that will lead you to success: school goals, behavioral goals and personal goals.

School Goals	Behavioral Goals	Personal Goals
Improve my grade in English	Be more respectful to teachers	Learn to play a musical instrument
Finish all my homework on time	Listen carefully during class	Make a new friend
Read one book per month	Help classmates when they need it	Start a new hobby, like painting
Participate in class discussions	Be more organized with my schoolwork	Exercise three times a week
Improve my writing skills	Stay calm when frustrated	Try new foods
Get better at public speaking	Be kind to everyone	Keep a personal journal
Complete all my projects on time	Apologize when I make a mistake	Learn to cook a simple meal

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My Action Plan to Success

Instructions:

1. Choose Your Goals:
   - Pick one school goal (something you want to get better at in school).
   - Pick one behavioral goal (how you want to behave better).
   - Pick one personal goal (something you want to do or learn for yourself).
1. Make an Action Plan:
   - For each goal, write down what you need to do to reach it.
   - Write how you will track your progress (how you will check if you are doing well).
   - Decide when you want to reach your goal.
1. Fill in the Chart:
   - Use the empty chart below to write your goals and action plan.
   - Look at the examples to help you.

Example of Goals Chart

Type of Goal	My Goal	What I Need to Do	How I Will Track My Progress	When I Will Reach My Goal
School Goal	Charge my iPad every day	Plug in my iPad before bed each night	Check if my iPad is charged each morning	Every day
Behavioral Goal	Be on time	Set an alarm 10 minutes earlier	See if I arrive on time every day	In one week
Personal Goal	Offer more help at home	Ask my family what I can help with daily	Write down what I helped with each day	By the end of the month

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Your Goals Chart

Type of Goal	My Goal	What I Need to Do	How I Will Track My Progress	When I Will Reach My Goal
School Goal				
Behavioral Goal				
Personal Goal				

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