Name: ________________________________ Date: ______________

Vocabulary

- **Goal** (n.) something you aim for; a desired result
- **Specific** (adj.) clearly identified or defined

Warm-Up

Which of these goals is most likely to be accomplished? Why?

________________________________________________________________________

________________________________________________________________________

Activity: Your Goals

Write down three specific goals you’d like to accomplish in middle school. Make sure at least one goal is long-term.

1. ____________________________________________________________

2. ____________________________________________________________

3. Long-term goal: ____________________________________________

Use the checklist to make sure your goals are specific.

☐ It’s clear and describes exactly what you need to do.

☐ It has a realistic deadline or time frame for achieving it.

☐ You’ll know when you’ve achieved the goal.

Wrap-Up

Circle the goal you want to work on most.

What is the first step you can take toward this goal?