

Goal Setting

Write one or two big goals for the upcoming academic year (examples: Raise my GPA by 0.5, volunteer once a week, become a leader in an extracurricular activity).

How will you achieve those big goals? Complete the grid below. Which daily activities help you meet your big goals? What stands in the way of your big goals? For example, you may decide to use study halls to focus on studying for your toughest classes, rather than completing easier homework, or you might make a commitment to using all free time on Mondays for catching up on reading your textbook. If your work schedule or social life prevent you from staying focused on the weekends, make note of that.



My Big Goals

1. _____

2. _____

My Week

	School	Activities	Work	Free Time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				