

3D: Goal-Setting Organizer

Name: _____ Date: _____

Is your goal:

Specific?

Measurable?

Action-oriented and achievable?

Realistic and relevant?

Time-framed?

Goal	My goal is to...
Rationale	I chose this goal because...
Action Plan	To reach this goal I will...
Measurement	How will I know if I am successful?
Evaluation	Did I reach my goal? What would I do differently in the future?

Adapted from Alberta Education, Alberta, Canada (2006)

3E: Student's Goal Planning

Date: _____

Goal Statement

My personal goal at school is to:

Strengths/Advantages I have which will help me towards reaching this goal:

1. _____
2. _____
3. _____

Specific steps I plan to take to reach this goal:

1. _____
2. _____

People who could encourage and support me:

Obstacles I need to avoid in working towards my goal:

1. _____
2. _____

I will celebrate my achievement by:

