



GOAL SETTING WORKSHEET

Use this worksheet to help set your **CAM** goals.

MY GOAL	THE GOAL I WANT TO ACHIEVE IS...

C CLEARLY STATED	WHAT EXACTLY DO I WANT TO ACCOMPLISH? WHY IS THIS GOAL IMPORTANT TO ME?

A ACHIEVABLE	WHAT DO I NEED TO ACCOMPLISH THIS GOAL? WHEN DO I WANT TO ACHIEVE THIS GOAL BY?

M MEASURABLE	HOW WILL I TRACK MY PROGRESS? HOW WILL I KNOW WHEN I HAVE REACHED MY GOAL?

GOAL REVIEW SHEET

Use this worksheet to review the progress of your goals.

DID I REACH MY GOAL MILESTONE?

WHAT WENT WELL?

DID ANYTHING PREVENT ME FROM MEETING MY GOALS?

ARE THERE CHALLENGES I NEED TO OVERCOME? WHAT DO I STILL NEED FOR SUCCESS?

MY THOUGHTS

SETTING CAM GOALS

Setting goals is an important part of helping students achieve their full potential. CAM goals set students up for success by encouraging them to think about the goal they want to achieve, why it's important to them, and what they need to reach it.



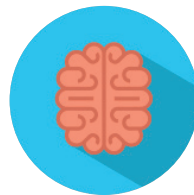
CLEARLY STATED

Choose a goal that is worthwhile and matters to you, and clearly define it. What do you want to accomplish? How will this goal help you improve?



ATTAINABLE

Set a goal that is challenging but also within reach. What do you need to accomplish this goal? When will you accomplish this goal by?



MEASURABLE

Think about how to track your progress with check-ins and milestones. How will you know when it has been reached?

PRO GOAL SETTING TIPS

- WRITE DOWN YOUR GOAL & KEEP IT SOMEWHERE VISIBLE
- REVISIT & READJUST YOUR GOAL WHEN NEEDED
- CELEBRATE WHEN GOALS ARE ACHIEVED
- KEEP SETTING NEW GOALS TO ACCOMPLISH