



GOAL SETTING FOR MIDDLE SCHOOL STUDENTS

NAME: _____ DATE: _____

Making the choice to drink before you're 21 years old can affect your future goals. Whether it's performing on stage or winning the game, alcohol and other drugs can prevent you from making dreams a reality.

NAME 3 THINGS YOU WOULD LIKE TO ACHIEVE WHEN YOU'RE AN ADULT

1 _____
2 _____
3 _____

These 3 things are called goals. Goals are dreams you work towards and require planning steps. In the activity below, select 1 of the 3 things you wrote above and follow the prompts to make a plan to reach your goal.

S	SPECIFIC	What do you want to happen?	<hr/> <hr/> <hr/> <hr/> <hr/>
M	MEASURABLE	How will you know you've reached your goal?	<hr/> <hr/> <hr/> <hr/> <hr/>
A	ATTAINABLE	Are you able to do this alone? What help do you need?	<hr/> <hr/> <hr/> <hr/> <hr/>
R	RELEVANT	Why is my goal important to me?	<hr/> <hr/> <hr/> <hr/> <hr/>
T	TIME-BOUND	What date or timeframe do I want to reach my goal by?	<hr/> <hr/> <hr/> <hr/> <hr/>



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KEEPING YOUR GOALS ON TRACK

After you've set your goals it's important that the decisions you make help you stay on track to reach them. The following tips are meant to help you make a plan to monitor your progress of reaching your goals.

DOUBLE CHECK THAT THE GOALS YOU HAVE SET ARE RIGHT FOR YOU

If your goal is to rescue 100 cats from an animal shelter but you're allergic to cats, this goal may not be right for you.

SET MILESTONES OR CHECK POINTS FOR EACH OF YOUR GOALS

These check points will keep moving forward on your goals. If you fall behind, you will know how to move forward.

CREATE NEW HABITS THAT WILL HELP YOU ACHIEVE YOUR GOALS

If your goal is to become a professional athlete, you will need to create new habits such as regularly practicing.

READ AND REVIEW YOUR GOALS EVERYDAY

Have your goals written down somewhere that you will see them everyday. Each day when you read your goals you will think about what you need to do during that day to help you reach them.

ASSESS THE PEOPLE YOU HANG OUT WITH

Ask yourself if your friends and the people you hang out with are positive or negative influences in your life. Being friends with negative influences can impact reaching your goals.

SHARE YOUR GOALS WITH A FRIEND

You should be proud of the goals you have set for yourself. Share them with a friend and even ask your friend to help hold you accountable by asking them to check in with you.

WHAT WILL YOU DO TO KEEP YOUR GOALS ON TRACK?
