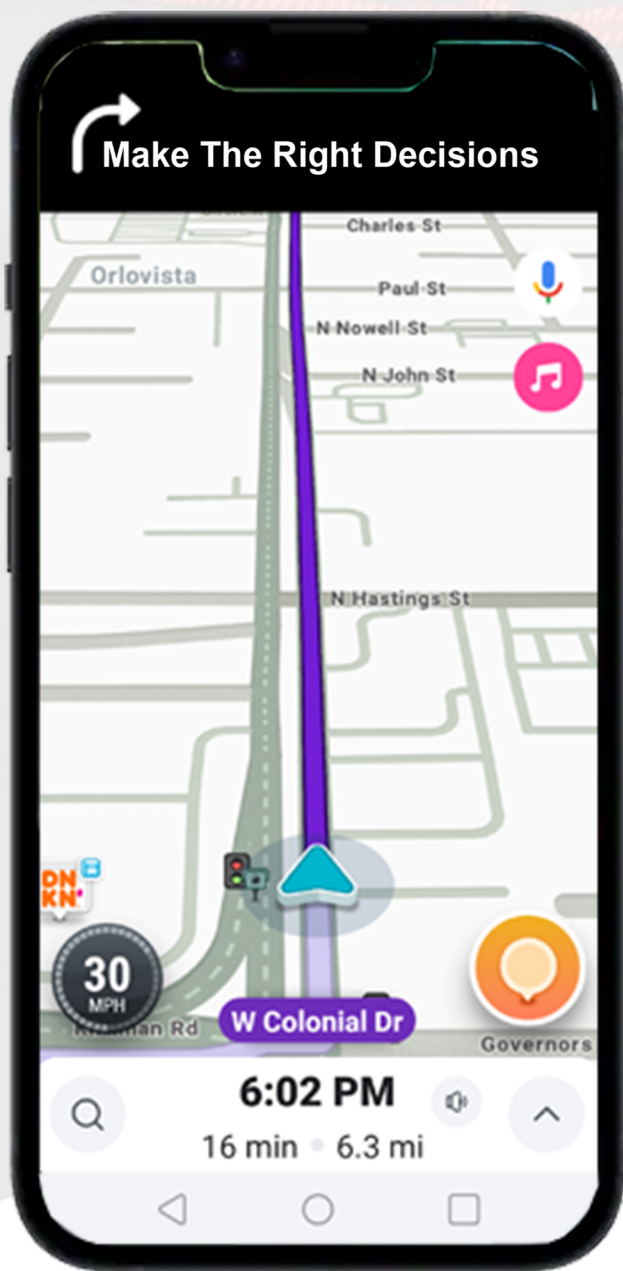


GST

Goal Setting Teens

Goal Practicing System



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My Pledge

"I, _____, pledge to make positive changes in my life using SMART goals:

Specific: I will clearly define my goals. For example, instead of saying "I want to get better grades," I will specify "I will improve my math grade from a C to a B by the end of this semester." Write below top 2 specific goals are:

1. _____
2. _____

Measurable: I will make sure my goals are measurable. For instance, I will track my progress by checking my math grade every week to see if it's improving. Top 2 measurements showing you are making progress:

1. _____
2. _____

Achievable: I will set goals that are within my reach and realistic. If I struggle with math, aiming to jump from a C to an A+ might not be feasible, but moving up to a B is realistic and achievable with effort. What are the top 2 improvements you can make to reach your goals?

1. _____
2. _____

Relevant: I will ensure that my goals are relevant to my overall objectives and values. Improving my math grade is relevant because it aligns with my goal of getting into a good college. Are the measurable and achievable goals relevant to assisting with reaching your goals?

1. _____
2. _____

Time-bound: I will set deadlines for achieving my goals. In this case, I will aim to improve my math grade by the end of the semester, giving myself a clear timeframe to work within. What are the incremental timelines you've set for reaching the next stage towards reaching your goals?

- _____
- _____

With these SMART goals in mind, I am committed to taking action and working diligently to achieve them. I understand that success requires effort and persistence, but I am determined to reach my full potential."

Signature _____ Date _____

Top 3 Career Choices

I have identified career paths that I feel I will enjoy and excel in, rising to the top of my field. I have researched and determined the salary ranges, where to find these positions, and the educational requirements necessary to become eligible for them.

Career Option 1

Position Title _____

Salary Range _____ to _____ | Educational requirements _____

Courses I can take to prepare for my next step:

_____ | _____ | _____

_____ | _____ | _____

I will roll in these classes (date) _____

Career Option 2

Position Title _____

Salary Range _____ to _____ | Educational requirements _____

Courses I can take to prepare for my next step:

_____ | _____ | _____

_____ | _____ | _____

I will roll in these classes (date) _____

Career Option 3

Position Title _____

Salary Range _____ to _____ | Educational requirements _____

Courses I can take to prepare for my next step:

_____ | _____ | _____

_____ | _____ | _____

I will enroll in these classes (date) _____

In 5 Years My Goal Is To...

5 Years _____

In order to reach my 5 year goal, 5 things I will use the SMART approach to success, by achieving incremental goals each year.

Year 1

Year 2

Year 3

Year 4
