

“Goal Setting”

Name:		
Grade:	Class:	Date:

1. I recognize the importance of having goals, and I can identify goals as short term, medium range, and long term. I understand the difference between realistic and unrealistic goals.

Disagree Unsure Agree Strongly Agree

2. I understand the difference between realistic and unrealistic goals.

Disagree Unsure Agree Strongly Agree

3. I can define “prioritize,” and I can prioritize my own activities.

Disagree Unsure Agree Strongly Agree

4. I recognize that a positive attitude can lead to positive behavior and results.

Disagree Unsure Agree Strongly Agree

5. I recognize that when I encounter obstacles I can ask for help and that my community has many resources to help me achieve my goals.

Disagree Unsure Agree Strongly Agree