

Name \_\_\_\_\_

Age \_\_\_\_\_

# GOALS

## For Education

Blue Star Worksheet

Ages 7 and up.

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A goal is something you want to achieve and are willing to work for. If you're not willing to work for it, then it's just a wish and not a goal. This month we're going to focus on goals for our education, which means the things we learn in school. Choose a goal that will help you improve in school!

Setting goals and writing them down is the first step to being successful in all areas of life. If you don't set goals, you have no plan for where you want to go in life. If you don't write them down, it's easy to make excuses for yourself later saying, "That really wasn't what I wanted anyway." One of the most effective ways to achieve what you want is to set a **S.M.A.R.T.** goal. Read in your newsletter about **S.M.A.R.T.** goals. Use this sheet to set a smart goal. It should be a short or mid-range goal that you can complete by the end of this month.

**S – Specific: Write down exactly what your goal will be.**

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**M – Motivating: Write down why you want to achieve your goal. What are you looking forward to when you complete it?**

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**A – Achievable: How will you reach this goal? Is there practice involved each day? Are there steps you need to take to reach it?**

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**R – Relevant: How will this goal help you in life? Why is it important?**

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**T – Trackable: Using an additional piece of paper, have a parent keep track of how you are progressing on your goal. If you are going to practice something each day, have them write down each date that you practice and initial it. If you are working towards good grades, have a parent record the grades you bring home and initial them. Bring in both this sheet and your tracking paper to receive your blue star.**