



At some point we have all heard our children say, "I can't do this!" Our natural response is, "Yes, you can!" Let's help students take pride in themselves by setting achievable goals they can accomplish.

### Goal Setting Checklist

- ✓ Be honest with yourself about what you can accomplish.
- ✓ Make sure your goal is challenging but achievable.
- ✓ Set a reasonable deadline to reach your goal.
- ✓ Create a way to track your progress.
- ✓ Choose a reward to earn once you've reached your goal.

### Goal Setting Ideas

#### **I will increase. . .**

responsibility by consistently completing & turning in assignments.  
math scores by practicing math facts.  
fitness levels by engaging in physical activity each day.

#### **I will improve. . .**

organization skills by keeping my work in a binder.  
study habits by creating and following a daily homework routine.  
reading fluency by reading 15 minutes daily.  
handwriting by practicing proper letter formation.

#### **I will enhance creativity by. . .**

completing an art project.  
playing my instrument or singing a song each day.

**BELIEVE YOU CAN AND YOU'RE HALFWAY THERE! ~ THEODORE ROOSEVELT**

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