



Student Goal Setting and Reflection – Middle School

Setting and accomplishing goals is an important life skill. The first step is to set a goal. Then you need to plan how you'll accomplish the goal and track your progress over time. Take time to reflect on what's working well, and make adjustments as needed. When you reach your goal, celebrate your achievement!

Instructions for facilitator: Use this form to guide students through the process of goal setting and reflection. First, build confidence by having students think of things they've accomplished in the past. Then guide them through a process for setting long-term goals. Have students keep this paper in a safe place and look at it often to check their progress, reflect on what's working well, and decide if they need to make any adjustments.

Name Your Accomplishments

Name _____

Group _____

Directions: In the space below, draw or write two or three things you accomplished last year. They can be related to school, or they can be things you did outside of school. Choose things that were hard at first, but you kept trying.

Part I: Things I Accomplished

Large empty rectangular box for drawing or writing accomplishments.





Student Goal Setting and Reflection – Middle School

Decide What You'll Do Next!

Directions: Write three goals for the year. Include at least one goal related to school. What are some challenges you might face in reaching each goal? How will you overcome those challenges? How will you feel when you accomplish your goal? Keep this paper in a safe place and look at it often to check your progress as you work toward your goals.

<i>Part 2: Set and Visualize Goals</i>			
<i>Goal</i>	<i>Challenges</i>	<i>How I'll Overcome Challenges</i>	<i>How I'll Feel When I Succeed</i>

