

GOAL-SETTING WORKSHEET

STRAIGHT-A GUIDE — SUPPLEMENTAL RESOURCE

FACILITATOR NOTE

This worksheet supports the Setting Goals lesson of the Straight-A Guide. It is designed to help participants translate values and aspirations into clear, measurable goals and consistent action. Staff are not expected to evaluate beliefs or writing quality. The focus is on clarity, effort, consistency, and documented follow-through.

- » This worksheet may be used independently, in small groups, or as part of structured programming.

INSTRUCTIONS FOR PARTICIPANTS

This worksheet is designed to help you move from intention to action. Goals are not wishes. They are commitments you make to yourself, supported by clear planning and consistent effort. Take your time. Write honestly. This worksheet works best when you revisit it regularly and adjust as needed.

STEP 1: IDENTIFY YOUR CURRENT FOCUS AREA

- » Choose one area of your life that matters most right now.
- » Examples include:
 - » Education
 - » Reentry preparation
 - » Employment or career readiness
 - » Health or fitness
 - » Personal development
 - » Family or relationships
 - » Financial stability
- » My current focus area is:

STEP 2: DEFINE SUCCESS FOR THIS AREA

In one clear sentence, define what success looks like at your current stage of life. Be realistic. Success should be within your control.

» Success means:

STEP 3: WRITE ONE PRIMARY GOAL

Your goal should be specific, measurable, and achievable given your circumstances.

Ask yourself:

- » What will I complete?
- » By when?
- » How will I know it is done?
 - » My primary goal is:

STEP 4: BREAK THE GOAL INTO ACTION STEPS

List 3–5 specific actions you will take to move toward your goal. These should be behaviors you can repeat consistently.

STEP 5: CHOOSE ONE WEEKLY COMMITMENT

Consistency matters more than intensity. Choose one action you will commit to doing every week.

» My weekly commitment is:

- » How often will I do this each week?
 - » ☐ 1x ☐ 2–3x ☐ Daily



STEP 6: DECIDE HOW YOU WILL TRACK PROGRESS

Progress must be documented to count.

- » Choose how you will track your effort:
 - » ☐ Journal entries
 - » ☐ Profile updates
 - » ☐ Written logs
 - » ☐ Worksheets or checklists
- » I will track my progress by:

STEP 7: WEEKLY REVIEW (TO COMPLETE LATER)

At the end of each week, answer briefly:

- » Did I follow through on my commitment?
 - » ☐ Yes ☐ Partially ☐ No

What worked this week?

What needs to change next week?

REMINDER

Goals evolve as circumstances change. Revisiting this worksheet is not failure. It is discipline.

Effort documented over time builds credibility, confidence, and opportunity.

OPTIONAL EXTENSION

Upload or attach this worksheet to your Profile and update it as you make progress. Consistent documentation supports accountability and is reflected in points and leaderboards.

