

THE POWER OF GOAL SETTING

Read each statement carefully and put a checkmark in the column you feel describes you most accurately.	Always	Sometimes	Rarely	Never
When setting goals, I decide what is most important to me.				
I set simple but meaningful goals and behaviors into my school work and habits,				
Goal setting helps me make more effective decisions.				
I believe goals give direction in life and provide me with a planning process that spurs me to achieve great victories.				
I am goal-oriented.				
My goals are realistically high, attainable, and measurable.				