



## Weekly Goals

### Description:

The purpose of weekly goals is to keep students on track with what they want to accomplish in school and in their lives. The key to effective goal-setting is taking baby steps which, put together, achieve a larger purpose.

### Objectives:

Students will:

- learn how to set weekly goals
- learn how to use the weekly goals feature in their agendas

### Procedure:

1. Photocopy and pass out sheet on facing page.
2. a) Explain how weekly goals help students achieve their long-term goals.  
b) Ask students to open to a weekly calendar page in their agendas, and introduce the weekly goals space.  
c) Engage students in a discussion about their agenda as a life-planning tool that can help them not only in school, but also in relationships with others and nurturing themselves. Research has shown that even the simple act of writing something down (such as a goal statement) increases your ability and impetus to do what is written, on a subconscious level.
3. a) Give students five minutes to practice setting weekly goals on the handout.  
b) Ask students to open their agendas and write down at least two goals for this week based on the long-term goals they completed for the Smart Thinking activity.



**Weekly goals are stepping stones to achieving longer-term goals.**

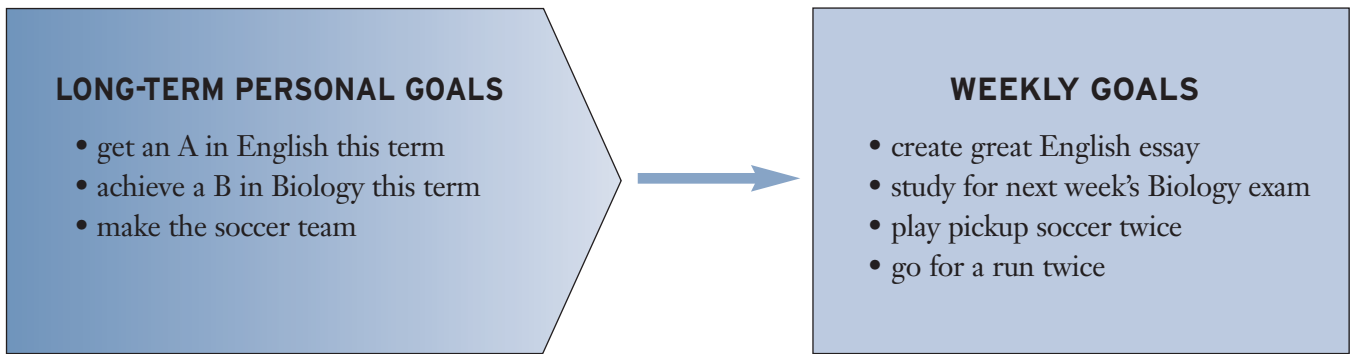
For example, if a long-term goal of yours is to be physically fit, a weekly goal might be:

- bike three times this week

Or, if one of your long-term goals is to be on the honor roll by the end of this term, another weekly goal might be:

- get 90% on Wednesday's science test

Simple, huh?



**Try it yourself - get SMART!**

---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

---

---



Turn to next week in your agenda and set a few Weekly Goals.

Failing to plan is a plan to fail. - Effie Jones