

Set Achievable Goals

How to use: Print first for the main practice. Then use the device to repeat activities and save progress.

LEARNING OBJECTIVES

- 1 Set an achievable goal by saying what I want to do, how I will do it, and when I will do it

MINI LESSON

A goal is something you want to do or get better at. When you set a goal, you make a plan to reach it — and that feels amazing!

What makes a goal achievable?

- An achievable goal is one that is possible for you to reach with effort.
- Example: "I want to read one book this week" — possible!
- A goal that is too big or too vague is hard to reach.

The 3-part goal template

- I want to... — the goal itself (what you want to do).
- I will... — the action step (how you will do it).
- By when... — the deadline (when you will do it).

Example

- I want to get better at spelling.
- I will practice five words every morning.
- By when: by the end of this week.

My Goal Plan

I want to...

get better at spelling

I will...

practice 5 words every morning

By when...

by the end of this week

What + How + When = Achievable goal!

Achievable vs. Too Vague

Clear Goal

I will read for
10 minutes every
day this week.



specific + has
a deadline

Too Vague

I want to be
smarter
someday.



no plan, no
deadline

! Ask yourself: "Is my goal something I can actually do if I try? Do I have a plan and a deadline?"

TRACING PRACTICE

Trace each word, then copy it twice on the lines below.

TRACE

motivated

COPY 1

COPY 2

TRACE

determined

COPY 1

COPY 2

TRACE

excited

COPY 1

COPY 2

TRACE

focused

COPY 1

COPY 2

TRACE

proud

COPY 1

COPY 2

TRACE

hopeful

COPY 1

COPY 2

TRACE

confident

COPY 1

COPY 2

TRACE

ready

COPY 1

COPY 2

Tip: Think about one goal you want to reach this week as you trace.

EXERCISES — FILL IN THE BLANKS

Fill in the missing word in each sentence to complete the goal plan.

1. A ____ is something you want to do or get better at.
2. An achievable goal is one that is ____ to reach with effort.
3. The first part of a goal plan is: I ____ to...
4. The second part is: I ____... (this is your action step).
5. The third part is: By ____... (this is your deadline).
6. A goal that is too ____ is hard to reach because it has no clear plan.

EXERCISES — MULTIPLE CHOICE

1. What is a goal?

- A prize you get for winning a game.
- Something you want to do or get better at.
- A type of homework assignment.

2. What makes a goal achievable?

- It is something only adults can do.
- It is impossible to reach.
- It is possible to reach with effort and is specific.

3. What does the "I want to..." part of a goal tell you?

- What you want to do or achieve.
- When you will finish.
- How much money you need.

4. What does the "I will..." part of a goal plan tell you?

- What your goal is.
- How you will reach your goal (the action step).
- Who will help you.

5. Why is a deadline important in a goal?

- It makes the goal harder to reach.
- It means you cannot change your goal.
- It helps you know when to finish and keeps you on track.

6. Which goal is too vague?

- "I want to be smarter someday."
- "I will read for 10 minutes every day this week."
- "I will practice spelling five words each morning."

7. Which goal is the most achievable and specific?

- "I want to be the best at everything."
- "I will practice my math facts for 10 minutes each day this week."
- "I will try to do better."

8. Why is it helpful to set goals?

- So you never have to try hard at anything.
- So you always win competitions.
- So you stay focused and feel proud when you succeed.

9. How many parts are in the goal template?

- Three — I want to, I will, and By when.
- Two — I want to and I will.
- Five — one for every school day.

10. Can you set a goal about something other than school-work?

- No, goals are only for school subjects.
- Yes, you can set goals about any part of your life.
- Only if your teacher approves it.

ASSESSMENT

PARENT / TEACHER CHECKLIST

- States a personal goal clearly using the words "I want to."
- Describes an action step ("I will...") for reaching the goal.
- Names a deadline ("by when") for the goal.
- Explains why a specific goal is more achievable than a vague one.