COVER PAGE

(Title, name, date, class, teacher, picture)

Goal #1 SHORT TERM (must use smart formula)(short term and long term goal must be related)

Description: Make them specific: how will you know if you reached them? Are they measureable or is there someone in your life who can give you formative feedback?

Date: Set manageable timelines for the completion / check of each goal. (Give a specific date)

Requirements/background Info: Any help needed? Anything you need to do before you start? Background knowledge? Support Person (s)? How will they support you?

Dimensions and Strands of Wellness: Dimension / Strand of Wellness under which this goal would apply. Description, how and why does your goal fit into that strand or dimension. (Give specific evidence (3 ways of how your goal fits into dimensions or strands of wellness.) You may need to do some research)

Reaching my goal: How will you know you’ve reached your goal? Measureable? Be specific, how will you keep track, what tools will you use, (calendar, app, journal)

Barriers and Obstacles: Barriers/Obstacles: Describe in detail. What strategies will you use to prevent these barriers from becoming a problem?

Goal #2 LONG TERM GOAL (must use short formula)

Description:

Date:

Requirements/background Info:

Dimensions and Strands of Wellness:

Reaching my goal:

Barriers and Obstacles: