

Goal Setting

Use the chart below to set goals and record your progress to achieving them. Don't set too many goals at once and think about having some short, medium and long-term goals. Record how you feel once you have achieved a goal on your *mood diary*

Date	SMART Goal Specific, measurable, action orientated, realistic, timely	Plan to reach goal	How % confident are you in achieving goal	How can I increase my confidence/ measure progress?	Review Date
01/01/2020	Learn periodic table in 4 months	Spend 10 mins a day revising	65%	Use flash cards. Enlist help of parents. Record progress	01/05/2020