GROWTH Goal-Setting Guide

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| G: | Goal | What is the specific goal I/we want to accomplish by what date?  What is the starting point? Include baseline data and information. |
| R: | Realistic Plan | How?  When?  Where?  Who? |
| O: | Obstacles | Proactively thinking, what potential obstacles might we encounter?  How will I/we recognize these obstacles as learning opportunities and not as excuses to quit? |
| W: | Who and What? | When obstacles occur, how will I/we respond?  Whom will I/we turn to for support? What resources will I/we seek out? |
| T: | Tracking | What tool will I/we use to track progress?  How often will I/we reflect and document progress made toward my/our goal? |
| H: | Habits  (Filled out after goal has been met or at end of unit.) | What habits have been established that need to be continued in order to sustain growth? |