

THE *Counseling* CONNECTION

St. Hilary School

Mrs. Eldred, Mr. Murray, Mrs. Parisi

Goal Setting

According to Education World, there are six key secrets to successful goal setting that parents and teachers can communicate to students:

1. Write clear and measurable goals
2. Create a specific action plan for each goal
3. Read your goals daily and visualize yourself accomplishing them
4. Reflect on your progress to see if you are on target
5. Revise your action plans if needed
6. Celebrate your accomplishments

September's Focus:

Goal Setting

<https://positivepsychology.com/goal-setting-students>

[-kids/](#)



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Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
G	O	A	L	S
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

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