STAR² INSERT YOUR NAME HERE GOALS

Name: Click here to enter text. Date: Click here to enter text.

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| Your WHY: Click here to enter text.  Your Self-Image: Click here to enter text.  Your Fiat: Click here to enter text. |

*Psychological and Physical Preparation equals P². 168 are the total amounts of hours within one week. In order to be successful you must consistently train your mind and body (P²+168). However, if you want to be great you have to put in OVERTIME. Average people put in average hours. Are you trying to just accomplish your dreams or are you trying to dominate your goals?*

*What you will do EXTRA this week mentally and or physically (P²+168+OT) to dominate your goals?*

The Four Goals of Focus:

* **Career** – *Your Purpose connecting with your dreams*
* **Academic** – GPA, Study goals, grades, etc.
* **Literacy (Reading)** – *Building vocabulary, books, research (on career), Social Studies Related.*
* **Class Goals** – *Focus on a weakness that needs to be improved. Example: Behavior, Focus, Questioning, Social.*

Your Extensive Goal: Click here to enter text.

*Your Extensive Goal is connected to ALL the goals you have set for yourself. Are you going to keep or break your DEAL that you made with yourself? Are you going to allow your mindset, excuses and or others keep you from success?*

1. Career Goal: Click here to enter text.

Date to accomplish the goal: December 7th

What is your PLAN to complete this goal? Name one or two things you will do.

Window of time to complete goals? Daily, Weekly? What time will complete the goal(s)?

What distractions do you need to avoid? The times you say I really shouldn’t but you do

Excuses are ideas that make us feel better. What are your excuses? Click here to enter text.

Benefit/Reward for Accomplishment (*Talk with your parents to discuss what you can receive*): Click here to enter text.

2. Academic Goal: Click here to enter text.

Date to accomplish the goal: December 7th

What is your PLAN to complete this goal? Name one or two things you will do.

Window of time to complete goals? Daily, Weekly? What time will complete the goal(s)?

What distractions do you need to avoid? The times you say I really shouldn’t but you do

Excuses are ideas that make us feel better. What are your excuses? Click here to enter text.

Benefit/Reward for Accomplishment (*Talk with your parents to discuss what you can receive*): Click here to enter text.

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| STAR² INSERT YOUR NAMEGOALS  3. Literacy (Reading) Goal: Click here to enter text.  Date to accomplish the goal: December 7th  What is your PLAN to complete this goal? Name one or two things you will do.  Window of time to complete goals? Daily, Weekly? What time will complete the goal(s)?  What distractions do you need to avoid? The times you say I really shouldn’t but you do  Excuses are ideas that make us feel better. What are your excuses? Click here to enter text.  Benefit/Reward for Accomplishment (*Talk with your parents to discuss what you can receive*): Click here to enter text.  4. Class Goal: Click here to enter text.  Date to accomplish the goal: December 7th  What is your PLAN to complete this goal? Name one or two things you will do.  Window of time to complete goals? Daily, Weekly? What time will complete the goal(s)?  What distractions do you need to avoid? The times you say I really shouldn’t but you do  Excuses are ideas that make us feel better. What are your excuses? Click here to enter text.  Benefit/Reward for Accomplishment (*Talk with your parents to discuss what you can receive*): Click here to enter text.  I am making a DEAL with myself and I will not break this deal for any reason. I will achieve my goals.  Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |