**January-Goal Check In**

**Activity I: SMART goal check in**

Learning Target: I can review my progress towards my goal.

* 1. Without looking, what was your SMART goal?
  2. If you cannot remember, look at your SMART goal sheet in your student folder.
  3. If you weren’t able to remember your SMART goal, why do you think this is?
  4. If you were able to remember your SMART goal, why do you think you were able to remember it?
  5. Did you make a challenging goal for yourself?
     1. If no, why not?
     2. If yes, what makes it challenging?
  6. Is the process of trying to achieve your goal overwhelming?
  7. What would happen if you failed to reach your goal?
  8. What would you do if you failed to reach your goal?
  9. How many steps did you outline needing to make, in order to reach your SMART goal?
  10. How many steps have you taken so far? What are they?
  11. How many more steps do you think you will take? What are they?
  12. Do you think it’s easier to achieve a goal when you break it into small steps? Why or why not?
  13. Do you normally set challenging goals for yourself?

If no, why not?