

# Personal Challenge Goal Sheet

*Earn a Holographic Stripe upon completion*

**Purpose:** To help accelerate the process of goal setting and character development.

**How to use this sheet:** This is an optional challenge that any student can participate in. The student and parent agree upon a personal goal that will be worked on for a month. The sheet must have their goal approved by the first week of the month by an instructor. Then throughout the month, the family will keep track of the progression of the goal. At the end of the month, during the tip testing, the student will hand in the results of their goal sheet. If they succeed, they will earn a holographic strip. The stripe counts towards the stripes needed to graduate.

Student's Name:

Class:

START DATE:

END DATE:

**How to set a goal:**

1. Goals need to be as specific as possible.
2. The achievement of the goal is based on something that is measurable.
3. Goals should have a Start Date & End Date
4. When a goal is accomplished, it is important to recognize the accomplishment.

**Successful goal setting habits:**

1. Write your goals down.
2. Hang them up so you can see them every day.
3. Share your goals with people that you look up to and care about you.

WHAT IS YOUR GOAL?

WHAT NEW ACTION WILL YOU TAKE TO REACH THIS GOAL?

WHAT CHARACTER TRAIT WILL YOU DEVELOP TO TAKE THE RIGHT ACTION?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Print the form and put it on the fridge to start tracking your success