**Planning 10** Name:   
 

**Instructions***: You must complete a “Smart” goal using WOOT.*

**WHAT:** Goal is clearly written and tells **WHY** the goal is important to you along with **WHAT** the goal looks like when it is finished.

My goal is to graduate from a good university, because my parents will be very proud and it is more easier to find a job. When I finish my goal, I will go back to Taiwan and find a job. It is very easy to find a successful job in Taiwan if you are graduate from other country’s university.

**OUTLINE THE STEPS:** Each step to reach your goal is clearly outlined with distinct manageable steps.

I need to get good grades so that I can apply for a better university. I need to hang in my homework every time and study hard for every tests. I need to has perseverance because this goal spend me many years.

**OBSTACLES:** Obstacles for each goal **AND** how you will deal with each issue is clearly stated.

Sometimes I would be too lazy to do my homework or study my test. I need to forced myself and push myself to finish my work.

I don’t have enough money to support this goal, it cost too much money for being a international student. I can consider to find a job and I need to be thrift. Sometimes I spend too much money to buy something I don’t really need, so I need to change this habit.

**TIME FRAME:** An approximate deadline for achieving the goal is stated. Deadlines for small goals to achieve your ultimate goal should be listed.

I can make a small goal that is finish my today’s homework or review today’s work. Everyday is my deadline so that I won’t drag my work and it is also will be easier to increase my grade if I finish my work every day.

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| **Goal Setting Assessment**  Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Ex: Excellent VG: Very Good G: Good S: Satisfactory IN: Improvement is needed** | | | | | |
| **Criteria** | **IN** | **S** | **G** | **VG** | **Ex** |
| **W**rite: Goal is clearly written and tells **WHY** the goal is important to you along with **WHAT** the goal looks like when it is finished. |  |  |  |  |  |
| **O**utline: Each step to reach your goal is clearly outlined with distinct manageable steps. |  |  |  |  |  |
| **O**bstacles: Obstacles for each goal **AND** how you will deal with each issue is clearly stated. |  |  |  |  |  |
| **T**ime Frame: An approximate deadline for achieving the goal is stated. Deadlines for small goals to achieve your ultimate goal should be listed. |  |  |  |  |  |

**Total: /10**