

Goal Sheet Mat 099

Please put a dark **X** on the scale in each of the categories for each week below. The **X** does not have to land on one of the categories. It could land anywhere in between as well. If one day you do not meet the course goals in all categories, don't be judgmental toward yourself. Instead be constructive, and think of ways in which you can catch up for the next day. This sheet is meant to help you stay focused and on target to reach your goals. Please complete the sheet before coming to each Mat 099 class.

For each scale below, F G= Failed to Meet Goal, A G= Adequately Met Goal, C G= Completely Met Goals,

Goals	Binder	Math homework	Notes/Class Attendance	Quiz/Exam preparation	Nutrition	Sleep	Exercise
Week 1	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G
Week 2	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G
Week 3	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G
Week 4	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G
Week 5	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G
Week 6	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G
Week 7	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G
Week 8	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G

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Goals	Portfolio	Math homework	Notes/Class Attendance	Quiz/Exam preparation	Nutrition	Sleep	Exercise
Week 9	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G
Week 10	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G
Week 11	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G
Week 12	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G
Week 13	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G 	F G A G C G

Goal Setting and Visualizing Success

Below, please articulate what your long term and short term goals for the following week are. Also spend a few moments reading your goals and visualizing success of these short and long term goals. In order to visualize success, follow the steps below.

Remember on the front page you evaluated your success for this week and now on this back page without judgement for this week's success, do the activity below.

Visualize Success

1. Set your short term goals for this week and continue to write your long term goals which can be modified as needed. Your goals can be written as a bullet item list or in full English sentences.
2. Then start out with thinking an incident or goal in your recent memory and how felt in your mind and body.
3. Now visualize the goals you have set in the long and short term goals for next week and being successful at it. Truly feel it in your body and mind and articulate your sensations and feelings in the Visualize column for the next week irrespective of what happened this week.

Week 1

Long Term Math Goals:

Short Term Math Goals:

Visualizing Success in Math:

Week 2

Short Term Math Goals:

Visualizing Success in Math:

Week 3

Short Term Math Goals:

Visualizing Success in Math:

Week 4

Short Term Math Goals:

Visualizing Success in Math:

Week 5

Short Term Math Goals:

Visualizing Success in Math:

Week 6

Long Term Goals:

Short Term Math Goals:

Visualizing Success in Math:

Week 7

Short Term Math Goals:

Visualizing Success in Math:

Week 8

Short Term Math Goals:

Visualizing Success in Math:

Week 9

Short Term Math Goals:

Visualizing Success in Math:

Week 10

Short Term Math Goals:

Visualizing Success in Math:

Week 11

Short Term Math Goals:

Visualizing Success in Math:

Week 12

Short Term Math Goals:

Visualizing Success in Math:

Week 13

Long Term Goals:

Short Term Math Goals:

Visualizing Success in Math: