

My Blueprint – Goal Setting – Exemplars

Academic Goals

By....I will achieve a score of....in.....

By the year.....I will graduate from high school

By the end of the semester/year..I will achieve (x number of) credits

Career Goals

By....I will visit a job site of a career I am interested in.

By...I will go to the post-secondary planner on my blue print to see what my options might be for high school

By.. I will speak to someone who is in the field I am interested in

Community Goals

Every day/month/week, I will shovel my neighbor's driveway.

By...I will volunteer at....three times this year.

By...I will speak to young kids in schools

Education Goals

By...I will apply to the post-secondary institution called.....

By....I will have outcomes in (subject) reassessed

By...I will complete and submit evidence in (name of class) for outcome (name of outcome)

Extra- Curricular

By.... I will try-out or join (name of club or team)

By....as a member of team/club I will.....

By....I will have a friend join the team/club

Family

By...I will respectfully tell my family what I am thinking or feeling

Each week, I will spend (amount of time) with my family.

Each week, I will help my family out by.....

Financial Goals

Each pay day, I will put (number of dollars away) to pay for.....

By....I will pay my debt of.....

By....I will have (number of dollars) to purchase.....or help pay for my education

Learning Skills Goals

By...I will go on the internet to discover my learning style

By...I will discuss with my teacher what skills would be helpful in terms of studying

By....I will speak to a counsellor about how to communicate with others

Other Goals

By...I will complete a resume

By...I will explore options for jobs

By...I will travel to.....

Personal Goals

By...I will eat three meals a day

By...I will reduce my consumption of.....

By...I will get 8 hours of sleep every night

Physical Goals

Every week I will spend (amount of time) on the physical activity of....

By...I will exercise three times a week

By...I will increase my heart rate to (number)