

Time Management Goal Setting

What is the statement or time management goal that you want to achieve?

I will hand in all my homework on time this term.

Write one to three sentences describing how you see yourself acting once you have achieved this goal.

I see myself learning strategies to make a plan and stay focused to get my homework done, then turning in all homework every night before I go to bed.

How will you feel once the goal is achieved?

I feel a little annoyed taking these extra steps, but I will feel in control and happy to have all my work in on time so it doesn't pile up.

Can you think of any additional benefits of achieving this goal?

My parents won't stress me out by constantly asking about my homework. I won't lose points for late homework anymore, and that will improve my grades. My parents will give me extra screen time, and I can play games or watch TV without the stress hanging over me of what is due.

Draw a rough sketch of what the situation will look like or what you will look like when you have achieved your goal. (Remember, this is just a sketch, not a detailed picture or work of art.)



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Goal 1

What is the statement or time management goal that you want to achieve?

Write one to three sentences describing how you see yourself acting once you have achieved this goal.

How will you feel once the goal is achieved?

Can you think of any additional benefits of achieving this goal?

Draw a rough sketch of what the situation will look like or what you will look like when you have achieved your goal. (Remember, this is just a sketch, not a detailed picture or work of art.)

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Goal 2

What is the statement or time management goal that you want to achieve?

Write one to three sentences describing how you see yourself acting once you have achieved this goal.

How will you feel once the goal is achieved?

Can you think of any additional benefits of achieving this goal?

Draw a rough sketch of what the situation will look like or what you will look like when you have achieved your goal. (Remember, this is just a sketch, not a detailed picture or work of art.)

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Goal 3

What is the statement or time management goal that you want to achieve?

Write one to three sentences describing how you see yourself acting once you have achieved this goal.

How will you feel once the goal is achieved?

Can you think of any additional benefits of achieving this goal?

Draw a rough sketch of what the situation will look like or what you will look like when you have achieved your goal. (Remember, this is just a sketch, not a detailed picture or work of art.)