



***Enhanced Learning***  
***Educational Services***  
*"the study skills specialist"*

# **Goal Setting Worksheets**

***for Middle School Students***



# **Enhanced Learning Educational Services**

*“the study skills specialist”*

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## **Enhanced Learning Educational Services Profile**

### Our Organisation:

Enhanced Learning Educational Services (ELES) is the leading provider of study skills resources in Australia. Since 2001 over 500,000 students across Australia have benefited from our study skills worksheets and workbooks. An Australian business based in Sydney, our clients extend throughout Australia and to international schools overseas. We are committed to helping all students improve their ability to learn and study by providing study skills seminars and resources on the topics students need.

### Our Mission:

To provide a worthwhile and effective service to teachers, students and parents, enhancing students' learning skills and abilities through dynamic programs, resources and strategies to unlock the power of the mind and enable greater success at school and in life.

### Our Commitment:

As part of ELES' commitment to education 5% of all gross income is donated to charities that help and assist children.

### Our Staff:

The majority of our resources are created by Prue Salter (B.A., B.Math., Dip.Ed., M.Acc., M.Ed., Ph.D.), founder and director of ELES. Dr Prue Salter has over 20 years' experience in the Education Industry in Australia. With a strong background in teaching and pastoral care, Prue was frustrated by the absence of high quality resources available to help students develop and maintain effective study skills. A committed scholar, passionate about learning, Prue combined her natural organisational and time management abilities with her research in how students learn to develop a series of resource kits designed to address the gaps and to present them in a format that is entertaining, as well as simple and effective.

**For further information about ELES or our products or contact details:**

[info@enhanced-learning.net](mailto:info@enhanced-learning.net)  
[www.enhanced-learning.net](http://www.enhanced-learning.net)

## INFORMATION FOR TEACHERS

*Welcome to 'Goal Setting Worksheets for Middle School Students'. We hope you will find it a valuable resource to help your students develop their study and learning skills.*

### COPYRIGHT

To allow ELES to continue producing resources to support teachers, we rely on your professional integrity to adhere to the copyright standards as indicated on the copyright page at the start of this resource or at [www.enhanced-learning.net](http://www.enhanced-learning.net). Please do not make copies for colleagues in other schools or take the resource with you when you change schools.

### SUGGESTED USAGE

How you choose to use this resource will depend on your existing programs and types of students. Below are some suggested approaches you may wish to consider.

#### □ **Approach A**

Have a plastic sleeve (or a manila folder) for each student with their name on the front on a sticky label. Keep all plastic sleeves in a large ring binder folder. Hand out worksheets one at a time only when you are completing them with the students. As each worksheet is completed, hand out the plastic sleeves for students to file them, then collect back until you are ready to work through the next worksheet.

#### □ **Approach B**

Have students purchase a folder to keep all their worksheets in as they are completed. Or alternatively they may file them in a folder they currently use for another subject.

#### □ **Approach C**

Photocopy and bind all worksheets into a book for each student. Either the students take the book home and bring it in when needed or the teacher keeps all the books in the classroom.

You may also decide that in order to keep parents informed you would require students to have the completed worksheet signed by a parent before it is filed.

# Record of Completion

Date Completed	No.	Worksheet Title
	1	Why Set Goals?
	2	Types of Goals
	3	Rules for Good Goal Setting
	4	Using Your Goals
	5	Checking-in With Your Goals
	6	The Importance of Attitude
	7	Building Resilience
	8	Achieving vs Failing Goals
	9	Advanced Goal Setting
	10	Looking Ahead

# 1. Why Set Goals?



## First Thoughts:

In 20 words or less, write down the first reason that comes to your mind of why someone might want to set a goal:

Read the following and **HIGHLIGHT** or UNDERLINE the most important points.

Have you ever been on a boat or ferry? Imagine you boarded a boat and were suddenly told that you were now the captain. You had no idea where the boat was supposed to go and no idea in which direction to even start moving. In order to get the boat moving, you need to make a decision about where you want to go. If you have no destination in mind and you just float around aimlessly, you could end up anywhere!

So if you *WERE* in charge of a big boat, what would be the top 3 places you would want to go?

- 1.
- 2.
- 3.

Goal setting has lots of similarities to the boat analogy. If you do not think about what you might like to achieve, if you have no direction or focus for your energies, it becomes a matter of luck as to where you end up in life and what you achieve along the way. So some reasons as to why you might consider setting goals:

- setting goals gets you to think about possibilities
- goals give you a direction to work towards
- goals give you a clear picture of where you want to go
- goals help you to push yourself just that little bit more
- goals help you have a more fun and fulfilled life
- goals can give you motivation and focus
- setting goals helps you do all the things you want to do in life!

Research has shown that people who set goals (and use them effectively) not only perform better, but suffer from less stress and anxiety and are happier and more satisfied with life. You have probably set many goals already without even realising it – not every goal has to be written down but it certainly helps you to stay on track if you do write it out.

Remember, if you don't set goals you'll find that life just sort of 'happens' to you rather than you actually deciding what you want out of life then making what you really want happen!

So get in the driver's seat of your life and take control with goals.

*In your own words, write down the 3 most important points or the 3 points most relevant to you from the previous page.*

1.....

2.....

3.....

*Now take the quiz below then see (on the next page) what your score means.*

➤ When you go to bed at night, do you ever think about the things you'd like to do the next day?	YES / NO
➤ When you wake up in the morning, do you ever think about all the things you'd like to do that day?	YES / NO
➤ Do you ever write lists of things you need to do or things you want to remember?	YES / NO
➤ Have you ever thought about something you wanted to do and then tried to work out how to make it happen?	YES / NO
➤ Do you find it easier to do something or learn something if you are clear what the end point will be?	YES / NO
➤ Do you find you work harder when you are doing something you are interested in or enjoy?	YES / NO
➤ Do you feel better when you know exactly what you are supposed to be doing?	YES / NO
➤ Do you feel less stressed when you know you are doing the things you should be doing?	YES / NO
➤ Have you ever set yourself a 'goal' to achieve either at school or in your personal life?	YES / NO
➤ Have you ever done something that you found hard or challenging but you persisted because you wanted to make it to the end?	YES / NO
<i>The number of times you circled YES was:</i>	

*This resource continues for another 40 pages.....*

*Normally we provide a lot more sample pages.*

*However, Goal Setting Worksheets for Middle school is VERY popular with schools in Canada and USA and sadly we have had teachers who try to use the resource with their students without paying for it!*

*This has meant that we can no longer show many of the sample pages for this resource, and we no longer offer versions for personal use only (as schools were buying the personal use version and using with their students instead of the group license version).*

If you wish to use this resource with your students.

1. Go to [www.enhanced-learning.net](http://www.enhanced-learning.net)
2. Click on TEACHERS and schools
3. Click on 3. Purchase Worksheet Sets
4. Click on Goal Setting Worksheets for Middle School and it takes you to this page:  
<https://schools.enhanced-learning.net/shop/for-schools/gswm-goal-setting-worksheets-middle-school/>
5. You can then purchase the product - note only Australian schools can request an invoice, all schools outside of Australia need to pay at the time of purchase. We have been burnt too many times!
6. If you don't have a PayPal account, it's ok, PayPal gives you the option to pay by credit card.
7. We will then create a version of the resource with your school name in the footer and email it to you within 24 hours of purchase.
8. The password to open the document will be in the email we send you.