



GOAL PLANNER

TIPS & TRICKS TO HELP YOU FOCUS

- 1. Make a list.**
Write the things you need to get done. Then cross them off as you finish them.
- 2. Move before you sit.**
Your brain likes it when your body moves. Before you sit down to study, take a short walk, ride your bike or do something else that's active.
- 3. Turn off your TV and cell phone.**
Outside distractions can make it hard for you to focus.
- 4. Take breaks.**
Get up and stretch or do a few jumping jacks. Walk around your house. Grab a glass of water. Do anything that helps you recharge.

NAME



3636 Woodview Trace • Indianapolis, IN 46268
+1-317-875-8755 • terrifickids.org

YOU'RE A TERRIFIC KID.

Terrific Kids helps you make changes in your behavior or improve your skills — so you can be even more terrific than you already are. It's easy to make positive changes in your life when you set goals and take small steps to make those changes stick.

Terrific Kids works because *you* decide what you want to work on. Maybe you want to stop being late to class. Perhaps you want to be a better listener or become more responsible. Work with your teacher and goal buddy to figure out the best goal for yourself — and what steps to take each week to achieve it.

HOW TO WRITE GOALS

Ask yourself these questions when writing your Terrific Kid goals.

1. Is the goal big enough?

Write out some actions you can take to achieve the goal. If you cannot think of any actions, the goal may not be big enough or the right goal for you at this time.

2. Can you really accomplish your goal?

Your goal should be challenging — but not impossible!
Example: You may want to be an accountant or a pro athlete, but your goal for the semester could be to improve your math or become more physically fit.

3. Can you achieve it in a short time?

Example: By the end of the semester, I will turn in my homework on time every single day.

Kiwanis TERRIFIC KIDS GOAL PLANNER

MY GOAL

MY ACTION

1.

Did this action help you achieve your goal? YES NO

2.

Did this action help you achieve your goal? YES NO

3.

Did this action help you achieve your goal? YES NO



Kiwanis
TERRIFIC KIDS NAME _____
GOAL PLANNER

MY GOAL

MY ACTION

1.

Did this action help you achieve your goal? YES NO

2.

Did this action help you achieve your goal? YES NO

3.

Did this action help you achieve your goal? YES NO



Kiwanis
TERRIFIC KIDS NAME _____
GOAL PLANNER

MY GOAL

MY ACTION

1.

Did this action help you achieve your goal? YES NO

2.

Did this action help you achieve your goal? YES NO

3.

Did this action help you achieve your goal? YES NO

