

Goal Setting with C.R.O.S.S.ROADS™

Check one.

Name _____ Date _____

Academic Effort Goal

Character Goal

1. **C** – Choice: My goal is: _____

2. **R** – Reality: What is happening right now? _____

3. **O** - Options: What I can try to reach my goal:

A) _____

B) _____

C) _____

4. **S** - Select one: I want to try: A B C (underline or circle)

Plan the Steps I will take to reach my goal:

- _____
- _____
- _____

My teacher can help by: _____

My parents can help by: _____

I will monitor my progress by: _____

_____ daily _____ weekly _____ every _____ Other: _____

5. **S** - Start over – I will evaluate and revise my plan _____ weekly _____ monthly