



# Goal Setting with C.R.O.S.S.ROADS™

Check one.

Academic Effort Goal

Character Goal

Life Principle Effort

Name Joe Ortega Date 10/1/18



1) C – Choice - My goal is: My goal is to learn my x math facts.



2) R – Reality: What is happening right now? I'm not doing well on assignments, quizzes, and tests because I don't know my facts and take too much time working the problems.



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

A Make flash cards and practice when I've finished my work and waiting.

B. Practice with my friend while we're waiting in gym before school and the cafeteria.

C. Have my mom drill me going to and from school and at other times in the car.



4) S - Select one or more: I want to try: A B C (Underline or circle)

Plan the steps I will take to reach my goal:

- Find some heavy paper and make flash cards for each times set.
- Ask my mom to help by drilling me in the car.
- Keep my cards with me so I can practice

My teacher can help by: having us say our quote on effort every day.

My parent/other person can help by: drilling me in the car.

I will monitor my progress by: making a checklist, being able to work faster and making better grades.

daily  weekly every Other:



5) S - Start over - I will check and revise my plan.  weekly monthly