



Goal Setting with C.R.O.S.S.ROADS™

Check one.

Academic Effort Goal

Character Goal

LP Self-Discipline

Name Mark Lane - Ms. Brown's Class Date September 20, 2017



1) C – Choice - My goal is: to line up quietly



2) R – Reality: What is happening right now? I am talking all the time with my friends while I am lining up.



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

A. I can not talk while lining up and leave more quickly.

B. I can keep talking and have to wait longer while everyone gets quiet.

C. _____



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:

- I will not talk while walking to get in line.
- I will stay quiet while in line.
- I will say the self-discipline chant to myself.

My teacher can help by reminding us of our class goal for lining up and maybe have the whole class say the Self-discipline chant.

My parent/other person can help by my friends not talking to me while we are lining up.

I will monitor my progress when the student leader calls for a Goal Progress check

daily weekly every _____ Other: _____



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