



# Goal Setting with C.R.O.S.S.ROADS™

Check one.  
\_\_\_ Academic Effort Goal  
X Character Goal  
Life Principle \_\_\_ Self-Discipline

Name Ms. Wall's Class Date March 20, 2017

1) C – Choice - My goal is: to line up quietly and follow hall procedures.

2) R – Reality: What is happening right now? We are talking when lining up and in the hall and lose activity period, lunch, and recess time.

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

A. We will not talk lining up and will follow hall procedures.

B. We will keep talking and have to wait longer making us late.

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:

- We will review our line up and hall procedure
- We will not talk while walking to get in line.
- We will stay quiet in line and follow our hall procedure.

**My teacher can help by** reviewing our class goal and procedure for lining up and have us say our quote about self-discipline right before time to leave.

**My parent/other person can help by** Classmates can help by working together to follow procedures.

**I will monitor my progress** when the leader calls for our daily Goal Progress check.

X daily X weekly \_\_\_\_\_ every \_\_\_\_\_ Other: \_\_\_\_\_

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