Goal Setting with C.R.O.S.S.ROADSTM

Name_____________________________ Date_____________

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 or more: I want to try: A  B  C (Underline or circle)
   Plan the steps I will take to reach my goal:
   • __________________________________________________________________________
   • __________________________________________________________________________
   • __________________________________________________________________________

   The teacher/other person can help by:___________________________________________

   My parent/other person can help by:___________________________________________

   I will monitor my progress by:_______________________________________________
   ______ daily  ____ weekly  ____ every  _________  Other:______________________

5) S - Start over - I will check and revise my plan.  __weekly  __monthly
   My Accountability Partner is:__________________________________________________

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