



Mark 's Goal Analysis

Goal: My goal is : to line up quietly.

Write specifically what is happening now towards achieving your goal under opportunities. Write the benefits and obstacles for each where appropriate.

Opportunity/Option

Benefit/Obstacle

I'm doing much better about not talking to my friends when lining up. I'm good over half the time.

My place in line puts me next to my best friend, Jeff, and he keeps trying to talk to me or make me laugh by making funny faces. Sometimes it's like he's trying to get me in trouble.

Maybe I should ask Ms. Brown if she will move me by someone else in line - maybe a girl that I wouldn't talk to.

Jeff might figure out that I asked and be mad at me. Still might try talking to Ms. Brown about it.

Maybe ask Jeff to say the Self-discipline chant in his head too.

Might be worth a try, but he may just laugh at me

Maybe make it a challenge or contest to see if he can be as quiet as I am and whoever wins for that day getting the soccer ball first at recess.

Might work because Jeff really likes a contest

Has the goal been accomplished Yes No **In Progress**

Explain why or why not? Having trouble ignoring my friend, Jeff.

Does the goal need to be revised? Yes **No** If yes, revise with Goal Planning Worksheet.

If a new goal is needed, begin the process with the C.R.O.S.S.ROADS Goal Setting Worksheet.