

# How well do you persist toward a goal?

Directions: For each row, decide whether the statement to the left (*Statement 1*) or right (*Statement 2*) describes you better. Then, rate the degree to which that statement applies to you using a checkmark.

Just a little	Pretty much	Very much	<i>Statement 1</i>	vs.	<i>Statement 2</i>	Just a little	Pretty much	Very much
			I have one eye on the future & how to best get there.	<b>OR</b>	I'd prefer to take one day at a time.			
			I am willing to set aside fun stuff to achieve long-term goals.	<b>OR</b>	I live by the motto "You're only young once."			
			I know what I want to do when I grow up & have a plan for getting there.	<b>OR</b>	I don't think about life after high school or college but assume they will know what they want to do "when the time comes."			
			I set goals and don't let anything stop me from reaching them.	<b>OR</b>	I see what is happening right now as more important than what is down the road.			
			I don't let obstacles stand in the way of getting what I want.	<b>OR</b>	I give up working toward a goal if something blocks it.			

**Reflection:** The number of items for which you chose Statement 2 is an indicator of how much improvement you may need in the skill overall, whereas your choices for Statement 1 suggests that you're demonstrating good use of the skills. What are your areas of strength & struggles? What could you do to improve your goal persistence, and why would you want to? Be thoughtful!

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# 2nd Quarter GOALS

## LOOKING BACK

Looking back at *this* quarter...

I am proudest of...

I am not proud of...

## LOOKING FORWARD

Looking forward to *next* quarter...

Next quarter I will... (*Academic Goal*)

Next quarter I will... (*Personal Goal*)

## STEPS TO ACHIEVE THESE GOALS

Looking forward to *second* quarter...

1.

1.

2.

2.

3.

3.

**REFLECTION:** How will YOU show individual determination (*persistence*) to achieve your goals?

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