

SCHOOL TOOL 02

Goal Planning

Make one school goal clear, realistic, and reachable.

A useful goal is specific enough to act on and small enough to begin. School progress often comes from steady routines, not one big push.

Name the goal

- Choose one area: attendance, an assignment, study time, participation, or asking for help.
- Describe what success would look like this week.

Plan the action

- Decide when and where you will work.
- Identify one barrier and one way around it.
- Check progress at the end of the week.

GROW reminder: Strong support begins with listening, connection, and one useful next step.

Make it yours

Reflection and action page

Use this page to choose a practical next step and identify the support you need.

What stands out to me from this guide?

What is one action I can take this week?

Who can support this next step?

My commitment: My goal and first action are:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.