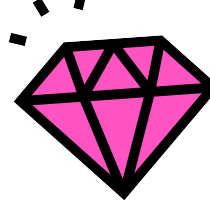


My Goal Planner



alloprof
Head to alloprof.ca/en for more resources
© Alloprof

Goal type:

- ☐ Academic
- ☐ Artistic
- ☐ Social
- ☐ Financial
- ☐ Health / fitness
- ☐ Habits / routines
- ☐ Other:



Completion time frame:

- ☐ Within a month
- ☐ Within six months
- ☐ Within a year
- ☐ Other:

Goal visualization (draw an image or add a photo):

Goal description:

.....
.....

Why do you want to achieve this goal? What are your motivations?

.....
.....
.....

What obstacles will you have to overcome to achieve your goal?

.....
.....
.....
.....

What habits will help you achieve your goal?

1. I will
2. I
3. I



My Goal Planner

alloprof

Head to alloprof.ca/en for more resources
© Alloprof

Habit Tracker

(tick or colour in the circles to track your progress):

Start date : _____

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit #1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Habit #2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Habit #3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Week 3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit #1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Habit #2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Habit #3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Week 5	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit #1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Habit #2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Habit #3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Habit #1 : _____

Habit #2 : _____

Habit #3 : _____

Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit #1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Habit #2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Habit #3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Week 4	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit #1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Habit #2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Habit #3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



My goal is accomplished! ☐ → Date: _____

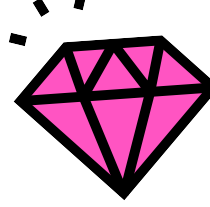
My goal is accomplished because:

Assessment ► Take a moment to reflect at the end of your completion time frame.

• What are your thoughts and conclusions? _____

• What could you have done differently? _____

My Goal Planner



alloprof
Head to alloprof.ca/en for more resources
© Alloprof

Goal type:

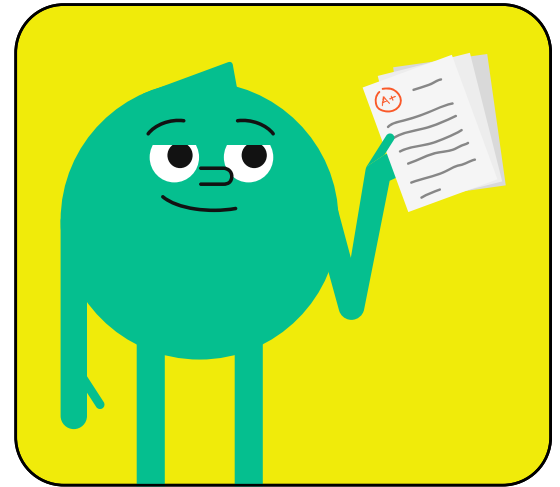
- ☒ Academic
- ☐ Artistic
- ☐ Social
- ☐ Financial
- ☐ Health / fitness
- ☐ Habits / routines
- ☐ Other:



Completion time frame:

- ☐ Within a month
- ☐ Within six months
- ☐ Within a year
- ☐ Other: **By March 12, 2025**

Goal visualization (draw an image or add a photo):



Goal description:

I want to improve my History grade from 71 to 81 on my next report card.

**Why do you want to achieve this goal?
What are your motivations?**

**I was disappointed by how I did on my last report card.
I also want to improve in History so that I'm
better prepared for the ministry exam.**

What obstacles will you have to overcome to achieve your goal?

- **I'm not very good at taking notes in class. I need to make more of an effort.**
- **Sometimes I forget to do my history homework. I need to make sure I write it down in my agenda.**
- **I'm too shy to ask questions in class.**

EXAMPLE

What habits will help you achieve your goal?

1. **I will learn to take good notes.**
2. **For every unit, I will make cue cards on key concepts and review them twice a week.**
3. **I will ask at least one question per class.**



My Goal Planner

alloprof

Head to alloprof.ca/en for more resources
© Alloprof

Habit Tracker

(tick or colour in the circles to track your progress):

Habit #1: _____

Habit #2: _____

Habit #3: _____

Start date : November 12, 2024

Week 1 Mon Tue Wed Thu Fri Sat Sun

Habit #1	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit #2	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit #3	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 2 Mon Tue Wed Thu Fri Sat Sun

Habit #1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit #2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit #3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 3 Mon Tue Wed Thu Fri Sat Sun

Habit #1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit #2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit #3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EXAMPLE

Week 5 Mon Tue Wed Thu Fri Sat Sun

Habit #1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit #2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit #3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My goal is accomplished! ☒ → Date: February 28, 2025

My goal is accomplished because:

I got a grade of 85 in history on my last report card!

Assessment ▶ Take a moment to reflect at the end of your completion time frame.

• What are your thoughts and conclusions? I've realized that I can accomplish a goal that seemed difficult by taking things step-by-step and tracking my progress.

• What could you have done differently? What could you have done differently? I could have told my parents about my goal and benefited from their encouragement and advice, but fortunately I succeeded anyway.