**PERIOD 8 GOAL SETTING ACTIVITY**

Pick 10 to rewrite and share with the class. Goal must be **SPECIFIC** and **MEASURABLE.**

Meditate more often.

Be more active.

Get my career started.

Get physically fit.

Go to every football game.

Practice a lot.

Score better on SAT.

Get an amazing time at States.

Get a job I like.

Start a band.

Stop being angry.

Talk to more friends.

Get involved in a club.

Eat better.

Believing in myself (spiritual).

Stop self destructing (mental).

Love my body (physical).

Own a company.

Get more sleep.

Recycle more and save our environment.

I want to have better relationships.

More friends.