

New (School) Year's Resolution Worksheet

Envisioning Success

What is your hope or wish for your teaching?

Imagine and describe success.

Internal Barriers to Success

What within you makes this difficult?

External Barriers to Success

What barriers to success exist at school?

SMART Goals

Not a SMART goal:

I will follow the district pacing guide for reading instruction.

* Does not identify a measurement or time frame, or identify why the improvement is needed and how it will be accomplished.

SMART goal:

After school, on the first Friday of every month, I will compare the lesson I'm on with the district's pacing guide. If I'm behind schedule, I'll identify opportunities that will allow me to catch up within the next three weeks (eg. lessons to skip or consolidate, days to teach two lessons, etc.), so that I can cover all of the grade-level content within the school year.

Turn your wish into a SMART goal.	Notes:
<p><i>Specific:</i></p> <ul style="list-style-type: none">- Who will do what?- Where/when will it happen?- How?	
<p><i>Measurable:</i></p> <ul style="list-style-type: none">- What are your criteria for success?<ul style="list-style-type: none">What can you add about:<ul style="list-style-type: none">- Frequency?- Quality?- What will you use to measure success?<ul style="list-style-type: none">What objective data points can you focus on:<ul style="list-style-type: none">- How will you keep track of frequency?- How will you determine quality?	

<p><i>Attainable:</i></p> <p>How can this goal be made more feasible?</p>	
<p><i>Relevant:</i></p> <p>How does this goal connect to your job responsibilities this year?</p> <p>How does it reflect your values?</p>	
<p><i>Time-bound:</i></p> <p>What dates will you select to reflect on your progress?</p> <p>Examples:</p> <p>What progress do you hope to see by</p> <ul style="list-style-type: none"> - The last day of each month? - Within each trimester? <p>How will you remind yourself about the dates?</p>	

Planning for Contingencies

<p><i>Plan how to navigate barriers and channel peer support.</i></p> <p><i>If __, then I will __.</i></p>

Need to Plan for More Contingencies?

Plan how to navigate barriers and channel peer support.

If __, then I will __.

Optional:

Plan rewards to motivate you along the way.

After I complete [part of plan], I will __.