

NoRedInk Weekly Goals

Setting measurable, realistic daily goals will help you build strong habits and allow you to easily see what you've accomplished! Try following these steps:

1. **Decide how you'll measure your goals.** To know if you've accomplished a goal, you need to be able to measure it. For example, you could measure:
 - the **number of topics** you complete each day,
 - the **number of words** you write each day, or
 - the **amount of time** you practice topics and write each day.
2. **Think about how to make your goals realistic.** You'll be more likely to meet your goals if they're ones you can achieve! To decide what makes sense for you, try asking yourself:
 - How long do I usually spend on NoRedInk when I'm at school?
 - How many topics does my teacher usually assign at a time for homework?
 - How long does it usually take me to write a paragraph?

It's okay if you don't know what is realistic yet! Your first week, try starting with 20 minutes of practice and 15 minutes of writing per day. Then, use the weekly reflection at the bottom of this sheet to help you decide whether to adjust your goals for future weeks.

3. **Set and track your daily goals.** Write one specific goal in the box for each day in the Weekly Daily Goals table below. Then, check them off as you go through the week. If you don't meet your goals, jot down what you *did* accomplish. This will help you plan future goals.

Daily Goals for Week of _____

dates

	Topics Goal		Writing Goal	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Weekly Reflection

1. Did your goals feel too easy, too challenging, or just right? Why?
2. Based on how your goals this week felt, will you change your goals next week? If so, how?
3. Go ahead and set your goals for next week.

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