



GRANGE SCHOOL

A Culture of Continuous Improvement

Goal-Setting

– Your Secret Weapon
for Success

- *Communications Department*



Pushing Boundaries

Hey there, Grange Students!

So, we've been talking a lot about "Pushing Boundaries" this year, and guess what? One of the best ways to do that is by setting some awesome goals. Think of goal setting as your secret weapon - it's what's going to help you crush this school year and make it one of your best yet.

Why Bother with Goals?

Okay, so you might be wondering, "Why should I even bother setting goals?" Well, imagine you're going on a road trip. You wouldn't just jump in the car and start driving with no idea where you're going, right? Goals are like your map - they give you direction and help you figure out the best way to get where you want to go.

When you set a goal, you're basically telling yourself, "This is what I want to achieve, and I'm going to make it happen." Whether it's getting better grades, learning a new skill, or just becoming more organized, goals keep you focused and motivated.

What Kind of Goals Should You Set?

Academic Goals: Maybe you want to ace your math class this year, or maybe you've got your sights set on writing the best essay you've ever written.

1. Academic goals are all about pushing yourself to learn more, understand better, and do your best work.
2. Personal Goals: This is where you get to focus on

you. Maybe you want to become a better public speaker, or maybe you're ready to start taking on more responsibilities at school or at home. Personal goals help you grow into the awesome person you're meant to be.

3. Health and Well-being Goals: Don't forget to take care of yourself! Set goals that help you stay healthy and happy, like getting enough sleep, eating right, or finding ways to manage stress.

How to Stick to Your Goals

Now that you've got your goals, how do you stick to them? Here's the trick: break them down into smaller steps. If your goal is to get better at a subject, start by setting a mini-goal like studying for 30 minutes every day. And remember to keep track of your progress. Every time you hit a milestone, give yourself a high-five - you've earned it!

It's also important to be flexible. Sometimes, things don't go as planned, and that's okay. If you hit a bump in the road, just adjust your plan and keep moving forward. The most important thing is to keep pushing those boundaries and never give up on your goals.

So, what's your first goal going to be? Whatever it is, know that you've got the power to make it happen. Let's make this year the one where you set big goals and achieve even bigger things!