GOAL CARD SORT

I will run three times a week, increasing my distance by a mile each week, and run a half marathon (13 miles) in 15 weeks.	I will save \$100 dollars from each paycheck for the next 6 months to put a down payment on a car.
I will become a professional basketball player.	I will learn to fly an airplane by playing flight simulators.



L.E.A.R.N

I will learn to play the piano within 6 months by practicing an hour each night.	I will complete a book this week by reading for 2 hours each night.
I will improve my 3-point shot percentage by spending an hour practicing each night for a month.	I will learn to speak Chinese in four months by ordering lots of Chinese food.
I will raise my grade from a C to a B by the end of the semester by spending 3 hours studying each night.	I will correctly sort these goal cards by the end of this class by using what I've learned.



I will lose 15 pounds in 3 months by working out three times a week and by eating healthier.	I'm going to ace the presentation I have to give next week by practicing my speech in front of a mirror for half an hour each night.
I will score the winning play in the big game.	I will master my part for the school play by practicing every night for a week.

LET'S GET S.M.A.R.T.

