SEL · GOAL SETTING · GRADES 2–5

Goal Check-In: How Am I Doing?

Rate how you are doing on your goal for six questions, from following your plan to asking for help, then plan next week.



Name: _____ **Date:** _____

My goal: _____

How did this week go? Color one circle for each.

	Not yet	Sometimes	Most days	Every day
I worked on my goal.	○	○	○	○
I followed my plan.	○	○	○	○
I asked for help when I needed it.	○	○	○	○
I kept going when it was hard.	○	○	○	○
I can see my progress.	○	○	○	○
I am proud of my effort.	○	○	○	○

What went well: _____

Next week I will: _____

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