SEL · GOAL SETTING · GRADES 3–5

Is This Goal Realistic?

Circle realistic or not realistic for ten goals, from reading every night to becoming famous by Friday, then fix one.

Name: _____ **Date:** _____



A **realistic** goal is a stretch, but you can really do it in the time you have. A goal that is **not realistic** is too big for the time, or it is out of your control.

Circle Realistic or Not realistic for each goal.

Read for 20 minutes every night this month.	Realistic	Not realistic
Become a famous singer by Friday.	Realistic	Not realistic
Learn to swim one length of the pool by summer.	Realistic	Not realistic
Grow three inches taller this week.	Realistic	Not realistic
Get my spelling words right on Friday by practicing every night.	Realistic	Not realistic
Read every book in the library this weekend.	Realistic	Not realistic
Save $10 from my allowance in two months.	Realistic	Not realistic
Make it never rain on game days.	Realistic	Not realistic
Learn ten new Spanish words this month.	Realistic	Not realistic
Finish a 1,000-piece puzzle in five minutes.	Realistic	Not realistic

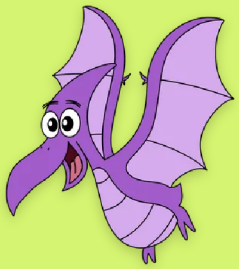
Make "Read every book in the library this weekend" realistic: _____

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ANSWER KEY · GOAL SETTING · GRADES 3–5

Answer Key: Is This Goal Realistic?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



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Read every book in the library this weekend.	Realistic	**Not realistic**
Save $10 from my allowance in two months.	**Realistic**	Not realistic
Make it never rain on game days.	Realistic	**Not realistic**
Learn ten new Spanish words this month.	**Realistic**	Not realistic
Finish a 1,000-piece puzzle in five minutes.	Realistic	**Not realistic**

Make "Read every book in the library this weekend" realistic: Read one new library book every week this year.

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