

**“YOU GOTTA
HAVE GOALS”**

Zig Ziglar — Motivational Speaker

**“IT IS MORE
IMPORTANT THAT
PEOPLE KNOW
THE RIGHT THING
TO DO THAN IT IS
THAT THEY KNOW
HOW TO DO THINGS
RIGHT”**

*Kenneth Blanchard — Author
The One Minute Manager*

“Do It”

Nike

**“A GOAL IS A
DREAM UNTIL YOU
WRITE IT DOWN”**

Dr. Koobraey — Noted Yearbook Expert

**“IN EVERYTHING
THAT MUST BE
DONE THERE IS AN
ELEMENT OF FUN...
FIND THE FUN,
JOB’S HALF DONE!”**

Mary Poppins — Noted Philosopher

**“GOALS ARE THE
ROADMAP TO
SUCCESS”**

Zig Ziglar — Motivational Speaker

Name _____

Section _____

One Minute Goal Sheet

For the week of _____

1) My goal for this week is _____

2) The biggest problem I will have in achieving this goal is

3) Specific knowledge I will need to achieve this goal is

_____ (be very specific)

4) I will need the help of _____

to achieve this goal. (can be individuals or groups)

5) To achieve this goal I need to _____

(list the specific actions you need to take)

6) I want to achieve this goal because _____

(What’s in this for me?)

Week ending Evaluation: How did I do achieving this goal?

For this week I deserve a (circle one) A B C D F