

## Goal Setting Part 2: Strategies, Resources, Roadblocks, and Evaluation

Are the following strategies realistic or unrealistic? How can you change the unrealistic ones so that you could use them?

Arrive to class or join on-line when my schedule says to.

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Do homework for four hours each day.

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Fill out a times table sheet every time I come to class.

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Read for thirty minutes a day.

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Complete a couple worksheets for review on days when I don't have class.

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Attend every single live instruction session that is offered, without fail.

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Work hard and do whatever it takes.

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Find a way to reward myself on days when I know I've worked hard.

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**What other strategies can you come up with?**

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**How can you respond to these obstacles?**

Can't get a ride to class

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Have to work late

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Tired from work

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Internet is down

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Heart just isn't in it today

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Can't get someone to watch my kids

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I'm getting sick

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**What sort of roadblocks in your own life are likely to get in your way?**

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**How can you respond to them?**

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