

GROWTH JOURNAL: DIRECTIONS

PURPOSE: The purpose of this growth journal is to help your students achieve a SMART goal in exactly one month. The journal is set for four weeks of planning and action steps. I would strongly suggest giving your students at least 10 minutes throughout the week to work on their growth journal. Set the atmosphere in the classroom— play classical music, encourage students to focus and meditate on their growth, and make sure the environment is conducive to goal setting.

About the Journal: The journal should be completed either during a growth mindset/goal setting unit OR during the course of another unit. Students will have to achieve their SMART goal outside of the classroom and on their own time; however, they will use the journal to track their progress during class. They will have opportunities to track, reflect, and maintain their progress throughout the journal. There are directions on each page for the students to use as a reference, but really, this journal is theirs and what they choose to make of it.

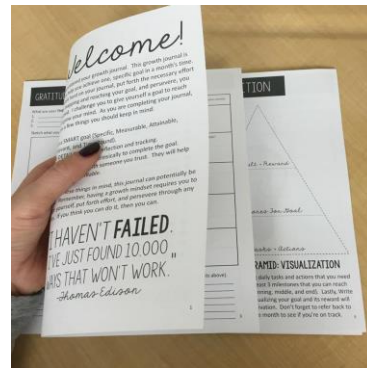
PRINTING & ASSEMBLY Directions: Please use the images below as a guide for assembly.



Print page 2 of this document single sided. This is the cover page. Cut along the dotted line down the center of the paper.



Print pages 3-16 double sided. There are page numbers on each of the pages.



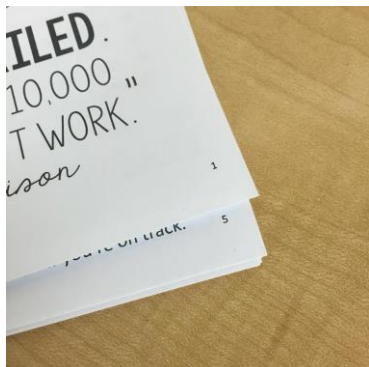
Fold EACH individual paper in half hamburger style. Do NOT fold them all together at once.



When all of the pages are folded, they should look like this. Again, each page is folded individually.



Place the journal cover from step one on top of the folded pages and secure with staples.



NOTICE: On each page there is a page number. Make sure that your pages are in the correct order before stapling or printing multiple copies.

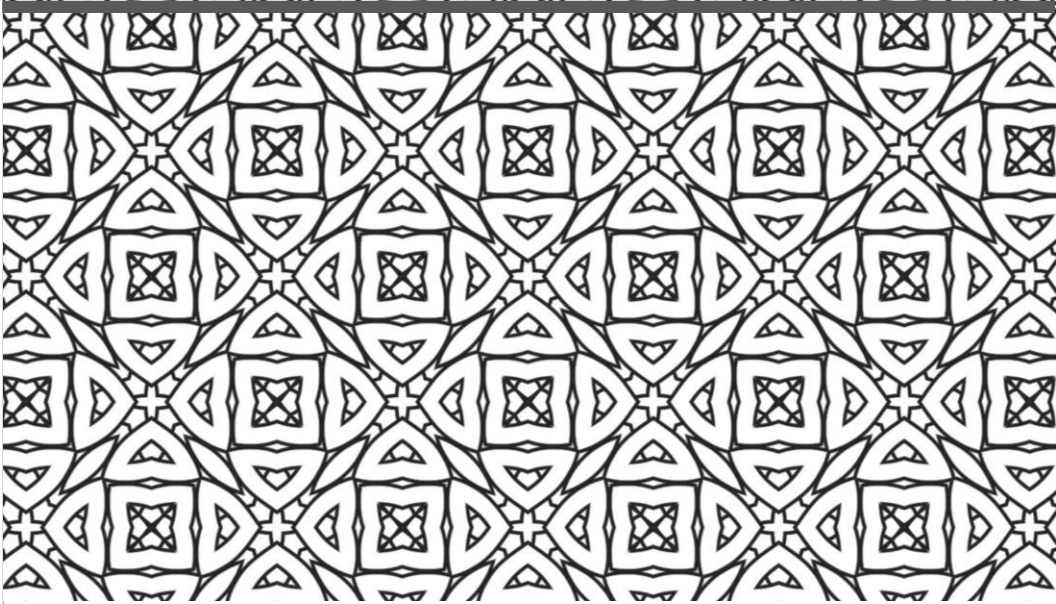


If you're giving these journals as a student gift, you can add a nice touch by using a hole punch and twine!
PS: the cover page is an adult coloring page!





GROWTH *Journal*



PLAN OF ACTION

Using six (6) specific steps, sketch & write your plan of action to achieve the goal you set. Sketch your action plan per step in the boxes and write your action statement below.

Step One

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Step Two

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Step Three

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Step Four

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Step Five

--

Step Six

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Welcome!

You have entered your growth journal. This growth journal is meant to help you achieve one, specific goal in a month's time. If you work hard on your journal, put forth the necessary effort towards mapping and reaching your goal, and persevere, you will succeed. I challenge you to give yourself a goal to reach that will grow your mind. As you are completing your journal, there are a few things you should keep in mind:

1. Set a SMART goal (Specific, Measurable, Attainable, Relevant, and Time Bound).
2. Be DETAILED in your reflection and tracking.
3. Motivate yourself intrinsically to complete the goal.
4. Share your goal with someone you trust. They will help hold you accountable.

If you keep these things in mind, this journal can potentially be fail-proof. Remember, having a growth mindset requires you to challenge yourself, put forth effort, and persevere through any obstacles. If you think you can do it, then you can.

"I HAVEN'T FAILED.
I'VE JUST FOUND 10,000
WAYS THAT WON'T WORK."
-Thomas Edison

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- ❖ PAGE NINE: Weekly Gratitude & Reflection
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- ❖ PAGE ELEVEN: Free Writing
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- ❖ PAGE FOURTEEN: Tracking your Goal
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- ❖ PAGE NINETEEN: Free Writing
- ❖ PAGE TWENTY: Mistakes & Failure
- ❖ PAGE TWENTY-ONE: Reward Yourself
- ❖ PAGE TWENTY-TWO: Setting Future Goals
- ❖ PAGE TWENTY-THREE: Motivational Quote

WEEK ONE

WEEK TWO

WEEK THREE

WEEK FOUR

SETTING YOUR GOAL

Write ONE reasonable, but challenging SMART goal to achieve by the completion of this journal (one month).

S	Answer WHO, WHAT, WHERE, WHY, AND WHICH
M	How is your goal measurable? How will you know when the goal is complete?
A	Is the goal reasonable enough to be accomplished? How so?
R	Is the goal worthwhile and will it meet your needs?
T	Give your goal a time limit. I will complete this goal by...

In one sentence, write your SMART goal (including all of the elements above).

"STOP BEING AFRAID OF WHAT COULD GO WRONG AND THINK OF WHAT COULD GO RIGHT."

GRATITUDE & REFLECTION

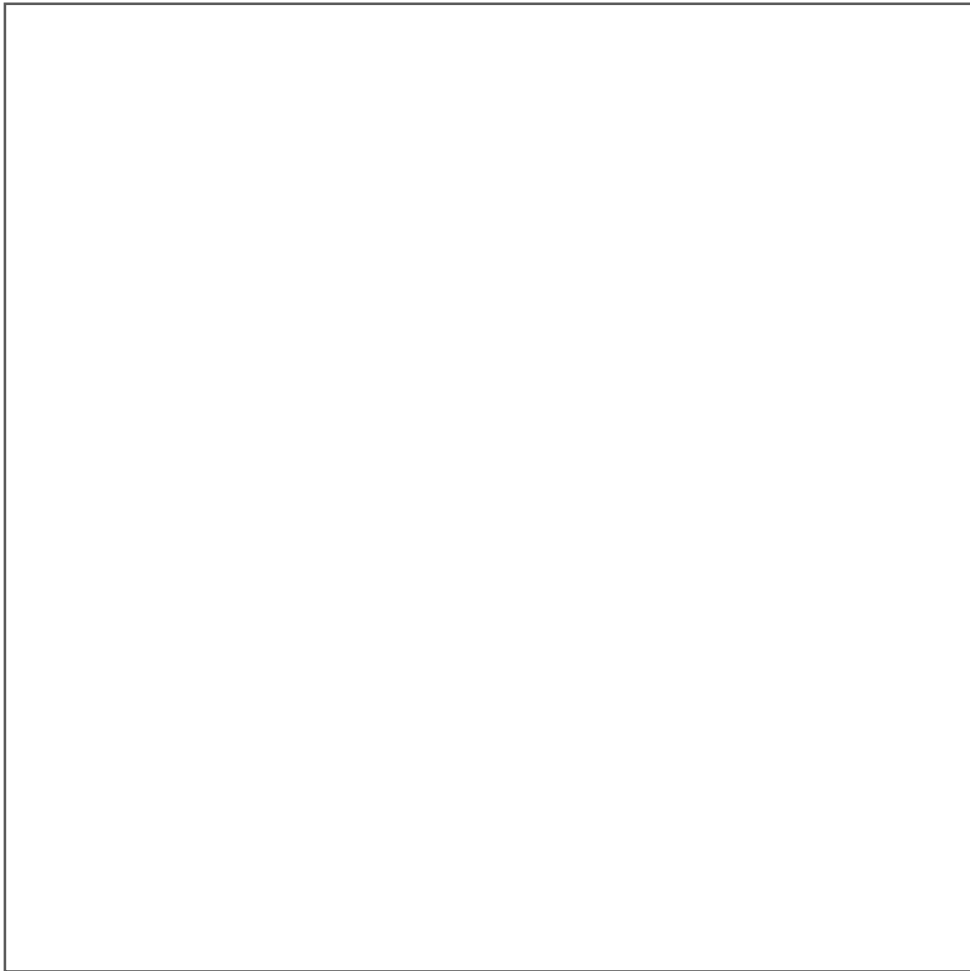
Week One

Reflect on your progress and actions throughout the week.

What are your **THREE** big wins this week? These can be related to your goal, or not.

1. _____
2. _____
3. _____

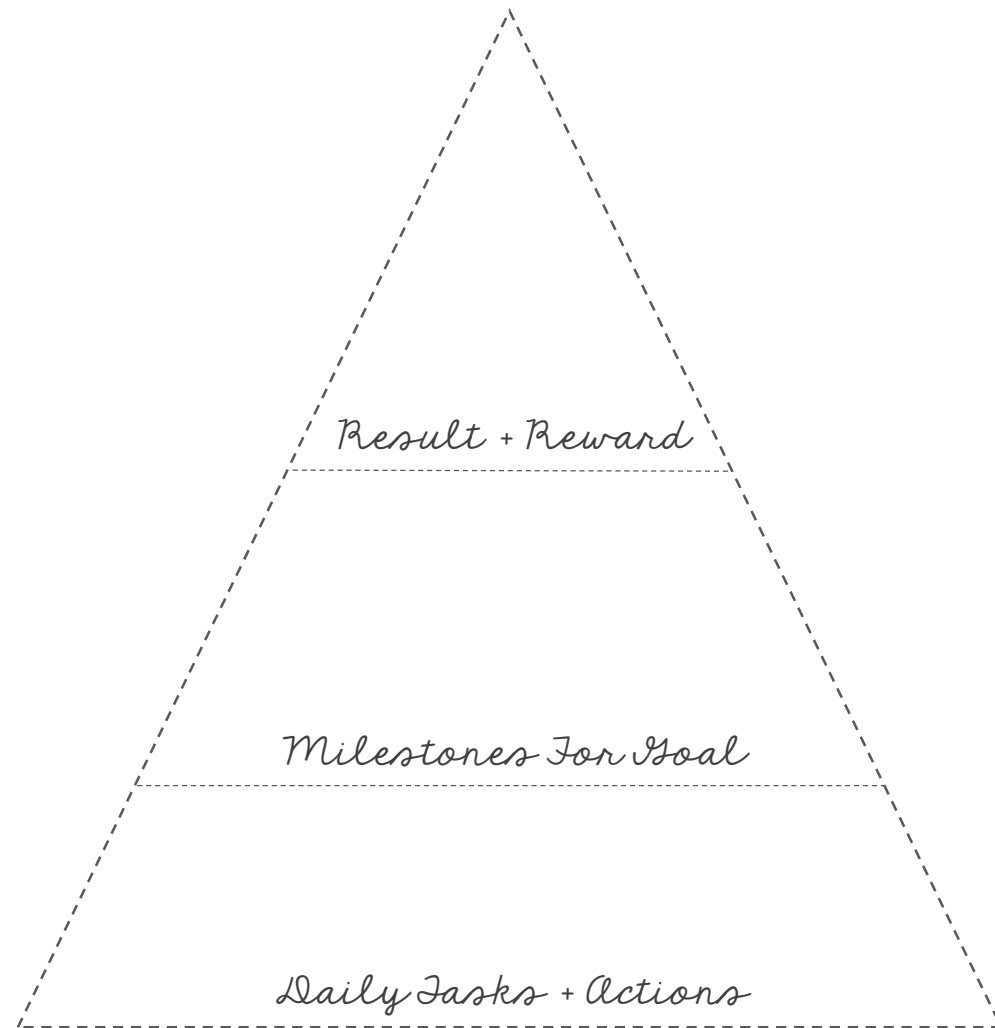
Sketch what you learned about yourself or your goal this week.



WEEKLY GRATITUDE: Write three (3) positive experiences from the week.

1. _____
2. _____
3. _____

PLAN OF ACTION



GOAL SETTING PYRAMID: VISUALIZATION

Begin by writing or sketching daily tasks and actions that you need to complete. Then, set at least 3 milestones that you can reach throughout the process (beginning, middle, and end). Lastly, Write your result and reward. Visualizing your goal and its reward will help you maintain your motivation. Don't forget to refer back to this page throughout the month to see if you're on track.

PREPARE YOUR MIND

Motivate Yourself

In each of the boxes below, write a quote that will motivate you to achieve your goal. You can either research quotes, or create quotes for yourself. Be creative!



INSPIRATION

WEEKLY TIMELINE

Week One

Sketch and write your action steps for each day of the week.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND PLANS

GRATITUDE & REFLECTION

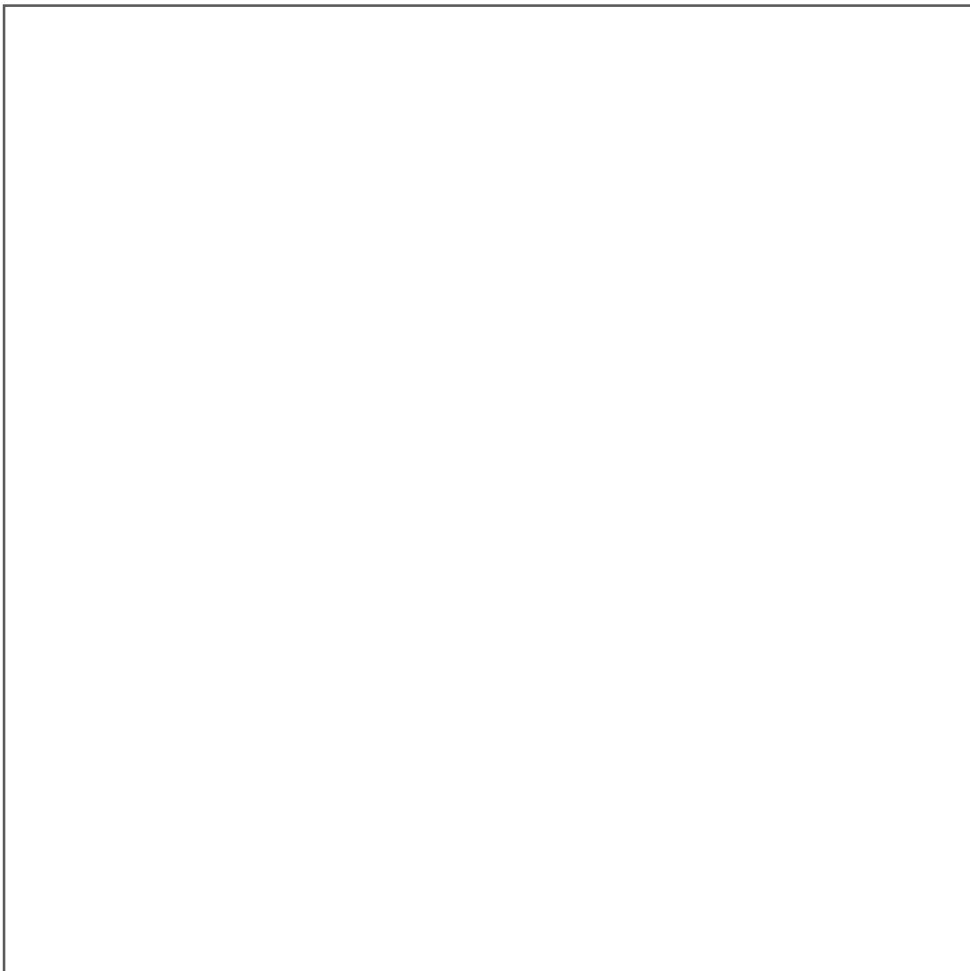
Week Two

Reflect on your progress and actions throughout the week.

What are your **THREE** big wins this week? These can be related to your goal, or not.

1. _____
2. _____
3. _____

Sketch what you learned about yourself or your goal this week.



WEEKLY GRATITUDE: Write three (3) positive experiences from the week.

1. _____
2. _____
3. _____

WEEKLY TRACKING

Week One

Track your progress towards your goal.

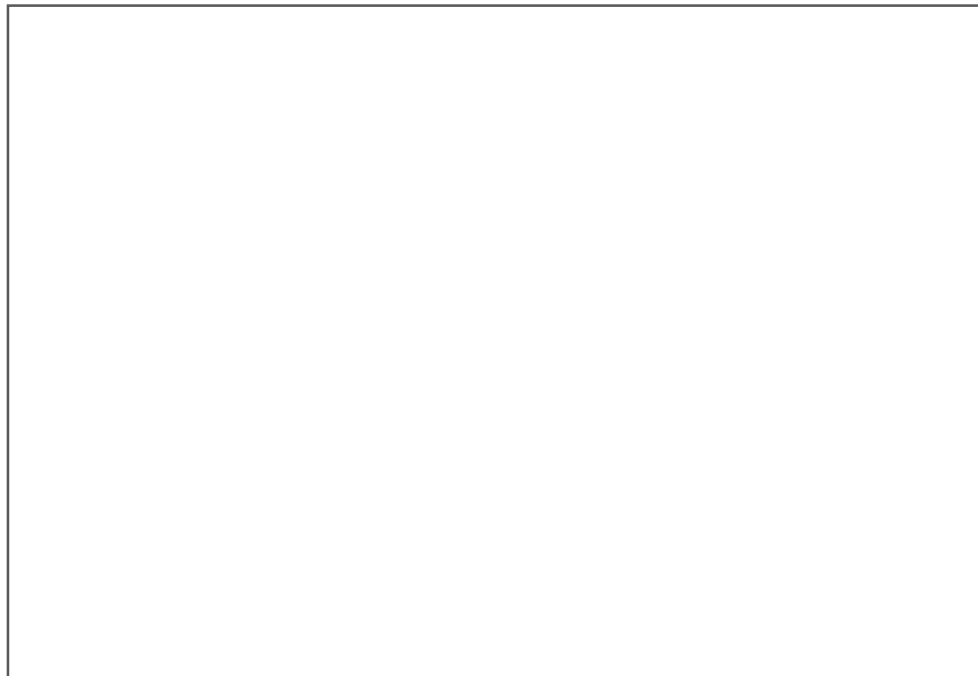
Write 4 daily action steps you plan to take towards your goal. When you complete the action for each day, track it with a check mark.

DAILY ACTIONS	M	T	W	TH	F	S/S
1.						
2.						
3.						
4.						

Track how close you are to reaching your goal by bubbling in the circles.

WEEK ONE: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

What action steps do you need to take next week in order to maintain the timeline for your goal?



FREE-WRITING

Use the space below to collect your thoughts, create lists, and develop your plan.
Use this space wisely. It's yours to be creative with.

WEEKLY TIMELINE

Week Two

Sketch and write your action steps for each day of the week.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND PLANS

GRATITUDE & REFLECTION

Week Three
Reflect on your progress and actions throughout the week.

WEEKLY TRACKING

Week Two
Track your progress towards your goal.

What are your **THREE** big wins this week? These can be related to your goal, or not.

1. _____
2. _____
3. _____

Write 4 daily action steps you plan to take towards your goal. When you complete the action for each day, track it with a check mark.

DAILY ACTIONS	M	T	W	TH	F	S/S
1.						
2.						
3.						
4.						

Sketch what you learned about yourself or your goal this week.

Track how close you are to reaching your goal by bubbling in the circles.

WEEK TWO: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

What action steps do you need to take next week in order to maintain the timeline for your goal?

WEEKLY GRATITUDE: Write three (3) positive experiences from the week.

1. _____
2. _____
3. _____

FREE-WRITING

Use the space below to collect your thoughts, create lists, and develop your plan.
Use this space wisely. It's yours to be creative with.

WEEKLY TIMELINE

Week Three

Sketch and write your action steps for each day of the week.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND PLANS

GRATITUDE & REFLECTION

Week Four

Reflect on your progress and actions throughout the week.

What are your **THREE** big wins this week? These can be related to your goal, or not.

1. _____
2. _____
3. _____

Sketch what you learned about yourself or your goal this week.

WEEKLY GRATITUDE: Write three (3) positive experiences from the week.

1. _____
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WEEKLY TRACKING

Week Three

Track your progress towards your goal.

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Track how close you are to reaching your goal by bubbling in the circles.

WEEK THREE: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

What action steps do you need to take next week in order to maintain the timeline for your goal?

FREE-WRITING

Use the space below to collect your thoughts, create lists, and develop your plan.
Use this space wisely. It's yours to be creative with.

WEEKLY TIMELINE

Week Four

Sketch and write your action steps for each day of the week.

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
WEEKEND PLANS	

"MISTAKES ARE PROOF THAT YOU ARE TRYING"

Did you experience failure during the process?
If so, what did you learn from the mistakes?

WEEKLY TRACKING

Week Four

Track your progress towards your goal.

Write 4 daily action steps you plan to take towards your goal. When you complete the action for each day, track it with a check mark.

DAILY ACTIONS	M	T	W	TH	F	S/S
1.						
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3.						
4.						

Track how close you are to reaching your goal by bubbling in the circles.

WEEK TWO: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

What action steps do you need to take next week in order to maintain the timeline for your goal?

FREE-WRITING

Use the space below to collect your thoughts, create lists, and develop your plan.
Use this space wisely. It's yours to be creative with.

REWARD YOURSELF

Sketch the end-result of your goal.



How will you reward yourself for reaching your goal?

How did reaching your goal motivate you intrinsically to continue setting goals?



SETTING FUTURE GOALS

What are the next three goals you would like to set and achieve?

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How likely are you to continue setting goals for yourself in the future based on what you've experienced with this journal? Shade in the boxes.

--	--	--	--	--	--	--	--	--	--

Not likely

Very likely

Develop your own motivational quote for future goals below.

"THE ODDS OF
HITTING YOUR
TARGET GO UP
DRAMATICALLY
WHEN YOU
AIM AT IT."



Notes