

Handout 3. Goal Setting

MY PLAN FOR MATH SUCCESS

List one or more math success goal(s) you wish to achieve. State it in specific, positive, measurable terms. Write it out vividly and in detail, exactly what you want.

My math goal(s):

I want to achieve my math goal(s) because of the following benefits.

These are some barriers or obstacles I may face and steps I will take to overcome them.

Barriers	Steps to overcome barriers

These are the positive forces and abilities I can use or strengthen to meet my math goal:

These are the people who can help me in achieving my goal:

Barriers	Steps to overcome barriers

The significant *action steps* I need to take in order to meet my math success goal(s) are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Adapted from *Tobias, Sheila, Overcoming Math Anxiety*, first edition.