

Goal-Setting & Personal Progress Questionnaire

Part 1: Setting Short- and Long-Term Goals

1. Which type of goals do you think is most helpful for you?

- ☐ A. Short-term (goals to achieve this week or month)
- ☐ B. Long-term (goals for the year or future)
- ☐ C. Both short- and long-term
- ☐ D. I don't usually set goals

2. Write one short-term goal you want to achieve soon:

3. Write one long-term goal you hope to reach in the next year:

Part 2: Tracking Academic, Emotional, and Personal Growth

4. How do you usually keep track of your progress?

- ☐ A. I use a planner or diary
- ☐ B. I talk with teachers or family
- ☐ C. I think about it in my head
- ☐ D. I don't really track progress

5. Which area do you feel you've improved most in recently?

- ☐ A. Academic skills (e.g. subjects, homework)

- ☐ B. Emotional skills (e.g. managing feelings, stress)
- ☐ C. Personal skills (e.g. organisation, confidence)
- ☐ D. I'm not sure

6. What helps you notice when you've made progress? (Tick all that apply)

- ☐ Feedback from teachers or friends
 - ☐ Reaching a small goal
 - ☐ Feeling more confident
 - ☐ Seeing improvements in grades or work
 - ☐ Other: _____
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Part 3: Celebrating Effort and Learning from Setbacks

7. How do you feel when you don't do as well as you hoped?

- ☐ A. Frustrated but ready to try again
- ☐ B. Disappointed and want to give up
- ☐ C. Confused about what went wrong
- ☐ D. I don't usually worry about it

8. What is one thing you do when you face a setback or challenge?

9. Why is it important to celebrate your effort, not just results?

Write a short answer:
