

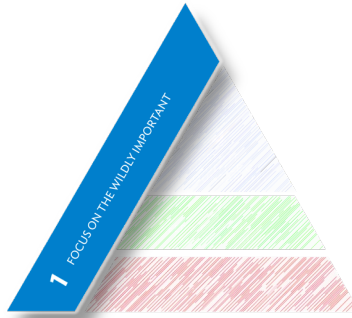
# Goal Setting Builds Executive Function

Deconstructing goal setting into a simple, repeatable formula helps students to hone the skills that underlie both academic and future success.

## 4 Disciplines of Execution

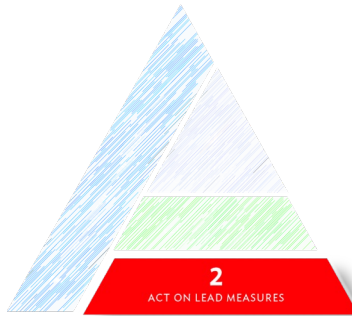
### Focus on the Wildly Important

Students choose one or two goals that are "wildly" important to them.



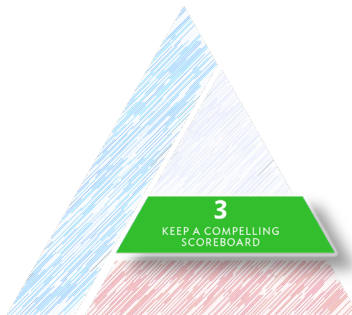
### Act on Lead Measures

Students set specific, measurable, achievable, relevant and time-bound goals.



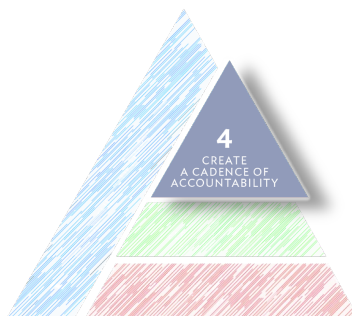
### Keep a Compelling Scoreboard

Students track their progress and monitor their performance.



### Create a Cadence of Accountability

Students check in with others to discuss progress toward goal achievement.



## Executive Function Skills

### Prioritizing and Focusing

Setting goals based on what is most important helps students prioritize, sustain attention, and resist distractions.

### Time Management

Planning how to achieve a goal hones students' ability to make wise choices about their time and actions.

### Self-Monitoring

Monitoring progress and performance develops students' self-awareness which allows them to adapt to changing situations.

### Reflection

Reflecting on progress toward a goal hones students' ability to initiate and complete tasks, sustain focus, and resist impulsivity.