

Clarendon Tutors

Clarendon Goal-Setting and Self-Regulation Worksheet

1. Orient: The SRL Cycle

Plan → Act → Reflect. Each week, you'll set goals, make a plan, monitor progress, and reflect.

2. Three-Tier Goals

Minimum Goal	Expected Goal	Stretch Goal
_____	_____	_____

3. WOOP (Wish, Outcome, Obstacle, Plan)

Wish (Ambitious Goal)	Outcome (Why it Matters)	Obstacle	Plan (If-Then)
_____	_____	_____	_____

4. Process Goals (How you'll get there)

Examples: Two 25-min retrieval blocks daily, review error log, 10 mixed problems each evening.

My process goals:

- _____
- _____
- _____

5. Progress Monitoring

Each week, record results and reflect briefly.

Week	Progress/Results	What Worked?	Next Tweak
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____