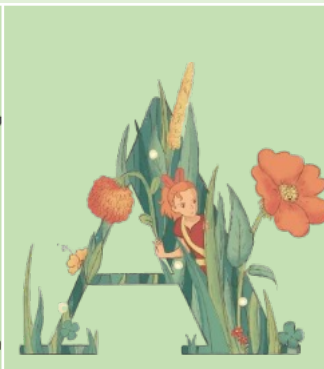


Why Japan?	Goals while in Japan	Plan for achieving goals
1.		
2.		
3.		
4.		
5.		



Specific

What needs to be done to accomplish your goal? What steps need to be taken to achieve it?

Measurable

Use measurable, trackable benchmarks to make it easier to see progress

Achievable

Goals should be reasonable. Ask yourself: Is this something I can reasonably accomplish?

Relevant


Why are you setting the goal you are setting? Try thinking about the big picture

Time-Bound

Time limits will help you stay on track



All the <u>demands</u> you are feeling placed on you	All of the <u>strengths</u> that you have to help you
Meal-planning with different food than I'm used to 	Mealime (free meal-planning app) and other online recipes for Japanese foods

Situation	Positive Result	Solution
Desk-warming 	I was able to work on a project that I hadn't previously had time for	Reach out- ask around if anyone needs help with a project (PAs, fellow ALTs) or just use it to build potential games and lessons