



# Set Your Goals Now!

## Goals...

...are things that you want to achieve

...require a strategy in order for them to be attained

...motivate you to do well!

## How to create your goals

1. Initially, choose goals that will challenge you but are still achievable (attainable with a push). Make your goals realistic, concrete, tangible and specific. Begin with small, specific goals, e.g. "I will speak up once a week in my \_\_\_\_ class," rather than "I will try to participate more in all my classes."
2. Make sure you can measure how much you have achieved, e.g. I asked one question or made one comment in my \_\_\_\_ class this week.
3. Be confident! Avoid using the words, "try, think, hope to, should." Use positive language, for instance "I will speak up in class today" instead of "I hope I don't stay quiet today."

## **Tips for sticking to your plan:**

1. Get other people to help you stay on track. Use the resources available on campus, enlist the help of friends and classmates, etc.
2. Check up on your goals from time to time to make sure they are progressing. Revise goals if necessary.

## GOAL PLANNER:

1. Goal Statement (remember to make it concrete, tangible and reachable):

2. Possible Obstacle(s):

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3. Resource(s):

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4. Tasks---what will you do and how?

5. By when?

6. Next Step: