



Setting Goals

This handout will help you start thinking about proper goal setting; whether they be general goals, academic goals, fitness goals, etc.

Take a few minutes to think of a goal and fill out this worksheet as best as you can. For this workshop, think of an academic goal, but remember you can do this for any goal!

My goal is:

Why am I setting this goal? (i.e. what is your reason or motivation for setting this goal?)

What is your overall plan for setting this goal? (i.e. what are some of the steps you need to take?)

What are possible obstacles you may encounter when trying to reach this goal?

What are a few ways you could overcome these obstacles?

Who/what can help you reach your goal (e.g. people or services)?

What is the benefit of achieving this goal?

Modified from Academic Success Center, Iowa State University (<http://www.dso.iastate.edu/asc>) and Academic Advising & Career Centre, University of Toronto Scarborough (www.utsc.utoronto.ca/aacc)

