GOAL SETTING WORKSHEET

Visions or desires can be important in creating really strong successes. But outcomes such as “becoming comfortable with how to do things in college”, “learning to work effectively with faculty”, “getting good grades”, and “connecting with other students you like” are not targeted enough in themselves. (Refer to the article: Desires, to Goals, to Actions)

This worksheet is created to help you identify with your coach, mentor, friend, or colleague some things you would like to do to enhance your performance and success this semester and in life. Think of what is SMART regarding your goals. What will be:

S (Specific, stretch your efforts, be significant, and shift your attitude and behavior)
M (Measurable [able to be tracked], motivating, meaningful, and memorable)
A (Attainable, agreed upon, what you’ll be accountable for, and can take action on)
R (Realistic, results-oriented, reasonable, resonate with you, and reliable)
T (Time based [start and end points], tangible or concrete, and thoughtful or important to you)

With the help of your mentor, coach, advisor, parent, or friend, set three or four goals that you will work on this semester: (Use back of this sheet as needed)

Outcome Desired:

Specific Goal(s):

How Measure:

Time Frame:

Things to Try:

Barriers:

Removing Blocks:

Successes:

Who Accountable To:

How Accountable: