

## Goal Setting Worksheet

1. Describe an academic goal for this year (ex: certain GPA, internships, etc). It will become your main goal for this exercise. Put a date in the parentheses by which you want to achieve this main goal.

\_\_\_\_\_ ( )

2. List at least 5 steps or activities, called short-term goals that you must complete in order to reach your main goal. In the parentheses after each mini-goal, put a date by which you plan to complete each short-term goal.

a. \_\_\_\_\_ ( )

b. \_\_\_\_\_ ( )

c. \_\_\_\_\_ ( )

d. \_\_\_\_\_ ( )

e. \_\_\_\_\_ ( )

3. List at least 1 potential obstacle that might arise as you pursue each short-term goal and how you can possibly overcome it.

Short-Term Goal Potential Obstacle/ How to Overcome

1.

2.

3.

4.

5.

4. List as many benefits as you can think of, that have meaning and importance to you, which you will receive from achieving your main goal. Let your mind go.