

## Goal Setting Worksheet

This exercise is geared towards maintaining, building and enhancing your motivation to accomplish the goals that you have set for yourself.

### **1. Clarifying Your Goals**

Write down in the space below one thing in each area that you would like to accomplish by the end of this semester. Please be as specific as possible.

#### **Academic Goal #1**

#### **Academic Goal #2**

**Do you have another, non-academic goal?**

**For each of your Academic Goals, follow steps 2 through 5 below:**

#### **Academic Goal #1**

### **2. Getting Realistic**

Using your first Academic Goal from Step 1, list up to 5 “obstacles” that could prevent you from achieving that goal.

- a.
- b.
- c.
- d.
- e.

### **3. Creating an Action Plan**

List what you need to do in order to overcome each “obstacle” you identified in Step 2 for your Academic Goal.

- a.
- b.
- c.
- d.
- e.

### **4. Putting the Plan into Action**

Answer as many of the questions (as well as any other relevant questions that you might come up with) for your Academic Goals.

- a. When do I start working on reaching my goal?
- b. What can I do on my own?
- c. What do I need help with?
- d. Who can help me with \_\_\_\_?
- e. When and where can I get this help?
- f.
- g.

### **5. Accountability**

- a. What happens when you accomplish items on your action plan?
  
  
  
  
  
  
  
  
  
  
- b. What happens if you do not accomplish what you set out to do?

## **Academic Goal #2**

### **2. Getting Realistic**

Using your second Academic Goal from Step 1, list up to 5 “obstacles” that could prevent you from achieving that goal.

- a.
- b.
- c.
- d.
- e.

### **3. Creating an Action Plan**

List what you need to do in order to overcome each “obstacle” you identified in Step 2 for your Academic Goal.

- a.
- b.
- c.
- d.
- e.

### **4. Putting the Plan into Action**

Answer as many of the questions (as well as any other relevant questions that you might come up with) for your Academic Goals.

- a. When do I start working on reaching my goal?
- b. What can I do on my own?
- c. What do I need help with?
- d. Who can help me with \_\_\_\_?
- e. When and where can I get this help?
- f.
- g.

## 5. Accountability

c. What happens when you accomplish items on your action plan?

d. What happens if you do not accomplish what you set out to do?



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