



Goal Setting Worksheet

What is important to you?

Connecting your goals to what is important to you helps align your long-term plans with areas of personal significance. Use the space below to brainstorm things that are important to you. You can use a maximum of 70 words or four sentences.

What are your goals?

In the following form, the first row has been completed to provide an example of goals. What would you like to work on? You can use a maximum of 20 words, or one sentence for each goal.

Goal setting form

Long Term Goals	Milestone Goals	Short-Term Goals	Steps Towards Goals	Today's Goal
I'm going to be a teacher.	I'm going to get a 3.4 GPA.	I want a B on the exam.	15 hours of study time.	Review lecture notes.