



LEARNING RESOURCES: LIFE SKILLS FOR UNIVERSITY

GOAL SETTING

Long-term goal:

Short-term goal:

First Steps:

Short-term goal:

First Steps:

Short-term goal:

First Steps:

Evaluate your goals to ensure that they are S.M.A.R.T.



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STAYING ON TRACK

How do I remind myself about my goals?

e.g. Write my goals on sticky notes and put them by my bathroom mirror

How do I know if I'm falling into old habits?

e.g. I go out with friends more than three nights a week

How do I know if I need to modify my goals?

e.g. I've realized my goal isn't realistic in the amount of time I've set.

How will I get back on track if I start to slip?

e.g. I will set designated evenings for free time.

Who can help me stay accountable to my goals?

e.g. My best friend, my roommate, my don, or my peer success coach