

# Goal Setting Sheet

Think about a goal that you would like to work on. Make sure to create a goal that is different than what you are already doing, but is attainable, and would benefit your life. Your goal should not create distress (e.g., be too expensive, take too much time away from your study time and relationships, etc.).

**Goal Start Date** \_\_\_\_\_

**Specific:** What is your specific goal? If your overall goal is to increase your GPA, your specific goal might be to get certain grades in certain classes. If your overall goal is to eat healthier, your specific goal might be to eat 1 more vegetable each day or to bring a healthy snack to campus every day.

**S** \_\_\_\_\_

**Measurable:** How can you measure this goal? In other words, how will you be able to gauge if you are making progress on your goal? (Examples: journaling, using a calendar, keeping data, etc.).

**M** \_\_\_\_\_

**Adjustable:** If your social life, or other situations come up and keep you from your goal-directed behaviors for a day or two, or if something else happens that keeps you from achieving what you have outlined for yourself, can you adjust your goal so that you are still working toward improvement, and staying focused on the process, as opposed to the outcome?

**A** \_\_\_\_\_

**Realistic:** Is your goal realistic? You want to outline something that is reasonable, considering your academic and personal responsibilities, as well as your relationships.

**R**

Yes \_\_\_\_\_

No \_\_\_\_\_

**Timetable:** How long will you work on this particular goal? Think about what you have outlined above, and when you might like to evaluate your progress on this goal.

**T** \_\_\_\_\_

Now you're ready to get started! Using a journal to keep track of your efforts toward this goal will help you to stay motivated and focused. Check in periodically with others to continue working toward your goal.

# SEMESTER GOALS



## Goal #1:

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### To Do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Goal #2:

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### To Do:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Goal #3:

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### To Do:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Goal #4:

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### To Do:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_