

5 Goals for the semester/quarter

Goal setting is one of the most important things you can do in order to be sure you achieve success throughout your lifetime. There are a few tricks to making sure that you create goals that are realistic to achieve within the time frame you have set:

1. Be as specific as possible. For example, instead of “Go to the gym more” it is better to quantify, “Go to the gym 3 times a week”.
2. It is better to start small than to overwhelm yourself, which may lead to frustration and abandonment, For example, “Play in a rock band”, try starting out with “Learn to read music”.
3. Be sure the goals are based on your ideals, do not try to impress others or use unrealistic benchmarks; be true to the vision of who you want to be.

The school year provides an excellent timeline for setting goals and checking in to be sure you are achieving them (and adjusting if necessary).

Think hard about what you would like to have achieved by the end of the semester/quarter. Take into account your responsibilities and free time so that you can really benefit. These goals can be personal, academic, athletic, etc.

What are 5 things you wish to do before the end of the semester/quarter? Be as specific as possible, and if needed write out a game plan for how you will achieve them.

Goal 1

Goal 2

Goal 3

Goal 4

Goal 5

Half way through semester/quarter

Are you meeting all of your goals? Why/why not?

What do you need to do to achieve your goals?

Has anything major changed in your life requiring a change in goals? If so, readjust.