



Goal Setting Worksheet

Want to set goals for this semester, this year and for the rest of your life? Use this worksheet to develop your goals as well as develop a to-do list to get you on your way to achieving your goals.

1. What are your life time goals?

2. What are your goals for the next three to five years?

3. What are your goals for this coming academic year?

4. What are the things you need to do in order to accomplish this year's goals?

5. Now list the things you will do this week, and the things you will do today that relate to your goals for this year. These may be specific course assignments, talking to your professor, or opportunities for starting some volunteer work. To this list then add anything else that you want to accomplish during the day or week. (laundry, shopping, letter writing, etc.) You now have a "to do" list!

My To-Do List