Goal Setting Example

Recognize what needs to be changed in your life:

What do you want to change?
How do you want your life to be?
Where are you with a particular concern at this time?
How do I get there from here?

Example: I'm tired of just barely passing my subjects.

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Specific
Group the major areas of change into smaller, more manageable goals:

Example: I need to procrastinate less and study more frequently.

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Measurable
Identify people who will help you monitor or accomplish the goal.

Examples:

Find a study partner.
Attend a Time Management & Procrastination workshop at the Counselling Center.
Announce to your friends that 3 pm - 5 pm is your study time at the library.
Reassess your goal on a weekly basis.
If you are having trouble accomplishing any goals by the specified time frames, are the time frames too strict or is the goal not at a small and manageable level?

Acknowledge that you will have successes and failures in achieving any worthwhile goal.

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**Achievable**

Make a brief list of obstacles that would prevent you from achieving your goal.

Examples:
My study room has too many distractions.
I don't have a schedule or plan for when is the best time for me to study.

Make a brief list of resources that would help you achieve the goal.

Examples:
I have a calendar that would help me plan daily study times.
I know other students in my class, maybe they could help me.
I have the afternoons off from class, would this make good study time?
My academic advisor may have good study skills suggestions.

Make a brief list of benefits the goal will achieve.

Examples:
Better marks for my subjects.
Higher overall average for my course.
More efficient study time means less last minute cram sessions.
A better year-long balance between academic, social, and personal time.

Based on your 3 lists, develop an action plan for achieving your goal.

Example: In my free time from 3:00 PM to 5:00 PM, I will study 2 subjects per day for 1 hour each.

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**Realistic**

You will have a higher chance of achieving any goal if you can answer yes to all five of these questions:

Am I doing this for myself? (Is this really my goal?)
Is this a fair and realistic goal for me to accomplish?
Does this single goal directly help me accomplish long range life goals?
Am I capable of supporting this goal emotionally and physically?
Can I close my eyes and mentally visualize myself reaching this goal?

Remember that goals are not set in stone. If the direction of your long range goals changes, so should your immediate goals!
**Time-Limited**

Set a time frame to accomplish your action plan in stages. Remember to start slow and build up to the desired plan gradually.

Example:

1st week: Study 1 hour a day on Monday through Friday.
2nd week: Study 1 hour a day on Tuesday & Thursday, and 2 hours a day on Monday, Wednesday, and Friday.
3rd week: Study 2 hours a day Monday through Friday.