

## Name Your Goals (and Achieve Them!)

Goals give purpose and direction to your college experience and to your life. They can be short-term or long-term.

You'll need 3 x 5 index cards and time in a quiet place. Identify the goals that you would like to achieve. Make these goals real and meaningful by addressing each part of achievable goal writing by using the following pattern to create your goal cards.

Keep your goal cards near to you and remind yourself regularly of your commitments. Tell others what your goals are and ask them to help you achieve them by holding you accountable. When you achieve a goal, find a way to celebrate. Thank those who helped and supported you. Place those goal cards somewhere special to remind yourself what you are capable of!

- CENTER OF CARD: What do you want to achieve?
- TOP RIGHT OF CARD: Why do you want to achieve it? (What motivates you?)
- TOP LEFT OF CARD: When do you want to achieve it? (Give yourself a deadline.)
- BOTTOM LEFT OF CARD: Who will you ask to help you achieve it? (List them.)
- BOTTOM RIGHT OF CARD: What specific resources will you need to achieve it?
- ON THE BACK OF CARD: How will you achieve it? (3 wild ideas, then 3 serious ideas)

### EXAMPLE of Short-Term Goal

Front		Back
Fall 2018	I want to prove to myself that I can	<ol style="list-style-type: none"> <li>1. Study 10 hours a day (wild)</li> <li>2. Read the textbook 50 times (wild)</li> <li>3. Get a brain transplant (wild)</li> <li>4. Attend every class &amp; ask ?s (serious)</li> <li>5. Do all assignments (serious)</li> <li>6. Study with classmates (serious)</li> </ol>
	<i>An "A" in Biology</i>	
My classmates and Professor M.	Effective study habits & good time management	

### EXAMPLE of Long-Term Goal

Front		Back
Lifelong, starting now	I want to feel good and be a role model for my kids	<ol style="list-style-type: none"> <li>1. Never eat out again (wild)</li> <li>2. Swim the Pacific Ocean doing the backstroke (wild)</li> <li>3. Exercise eight hours a day (wild)</li> <li>4. Avoid processed foods (serious)</li> <li>5. Get regular checkups (serious)</li> <li>6. Exercise 30 minutes a day (serious)</li> </ol>
	<i>Good personal health and fitness</i>	
My family and friend B.	Time/energy mgt. & understanding of good nutrition	