



SPRING HILL
COLLEGE

Goal Setting:

Creating a Plan for Success



Answering the Big Question

What do you want?

It is an overwhelming question, but try to think about what you really want to do, be, become. There is no dream too big or too small. A good place to start is to think about where you see yourself in 5 or 10 years.

Once you have some ideas, use the blank space below to visualize what you want. You can draw pictures, write words, make a collage with magazine clippings or pictures from Google. This is a chance to create a vision for yourself.

Your Thirty

Take a moment to list 30 things that you want. It can be anything, from an A on your next math exam to a European vacation:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.
- 26.
- 27.
- 28.
- 29.
- 30.

Now that you have a list of 30 things you want, circle 3 that you would like to work to achieve right now. Once you have selected 3 things you would like to work towards, create an action step that you can do now to work towards achieving what you want. By taking the first step, more steps will follow.

Example: I would like to get an A on my next math test. *Action step:* I will study tonight for 30 minutes in the library.

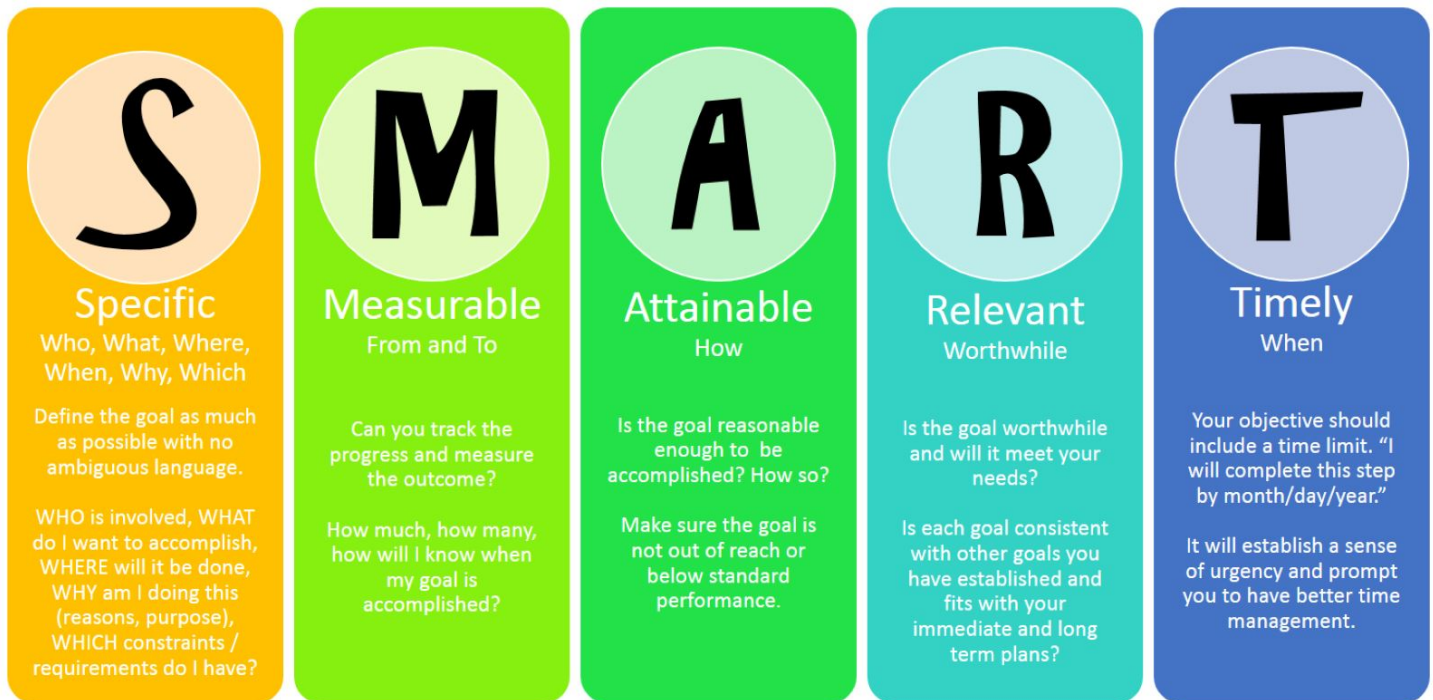
Action Step for Item 1:

Action Step for Item 2:

Action Step for Item 3:

SMART Goals

SMART goal setting is a helpful way to approach what you would like to achieve and create manageable steps to get there:



Using the SMART goal guide, create one goal for yourself:

S: (Who is involved? What do I want to accomplish? Where will it be done? Why am I doing this? Which requirements do I have?)

M: How will I know when my goal is accomplished?

A: Is this a reasonable enough to be accomplished? How is it reasonable?

R: Is this a worthwhile goal that will meet my needs?

T: When will this be completed?