"SETTING GOALS IS THE FIRST STEP IN TURNING THE INVISIBLE INTO THE VISIBLE."
- TONY ROBBINS

We can achieve our goals by taking action. Motivation plays a large part in accomplishing our goals. Think about a goal you may have. The goal does not have to be college-related.

**Name your goal:** ______________________________________________________

**What inspired this goal? (Check all that apply.)**

- [ ] Parents
- [ ] Society
- [ ] Personal Achievement
- [ ] Career
- [ ] Friends
- [ ] Mentor
- [ ] Family

**How committed are you to this goal?**

1 2 3 4 5 6 7 8 9 10

What number did you circle? _________

**No matter your number, what is going well?**
What is one thing you can do to improve your number?

How well do you think you’re doing with this goal?

What keeps you motivated to complete your goal? (Check all that apply.)

- Family
- Friends
- Personal Achievements
- Future Rewards
- Scholarships
- GPA Requirements
- ____________
- ____________
- ____________

What do you need to help you complete your goal? (Check all that apply.)

- Accountability
- Tutoring
- Better Technology
- Study Skills
- Support
- Time Management
- ____________
- ____________
- ____________