

Understanding Our Goals



"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.)

- | | | |
|----------------------------------|----------------------------------|---|
| <input type="checkbox"/> Parents | <input type="checkbox"/> Society | <input type="checkbox"/> Personal Achievement |
| <input type="checkbox"/> Career | <input type="checkbox"/> Friends | <input type="checkbox"/> Mentor |
| <input type="checkbox"/> Family | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

How committed are you to this goal?



What number did you circle? _____

No matter your number, what is going well?

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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
- _____ _____ _____