

Examples of Short, Mid, and Long Term Goals

List 1: "**Short term goals**" (a few hours or a day).

- Eat ice cream
- Play with pet
- Read a book
- Draw a picture
- Do homework for tomorrow's class
- Watch TV program

List 2: "**Mid term goals**" (a few days or a few weeks).

- Read 1 book this week.
- Paint my bicycle DAY-GLOW orange.
- Work on a school project that will take several days.

List 3: "**Long term goals**" (Months or years)

- Read 15 books this summer
- Learn how, then go scuba diving
- Learn how, then fly an airplane
- Drive a car to San Francisco
- Be a scientist
- Be an actor in a stage play
- Earn enough money to buy a bicycle