

Motivation and Goal-Setting Worksheet

1. What are your lifetime goals?

2. What are your goals for the next 3-5 years?

3. What are your goals for this coming academic year?

4. What are the things you need to do in order to accomplish this year's goals?

5. Now list the things you will do this week, and the things you will do today that relate to your goals for this year. These may be specific course assignments, talking to your professor, opportunities for starting some volunteer work, or anything else that you may want to accomplish during the week (laundry, grocery shopping, etc.). You now have a

"To Do" List

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6. Now ask yourself which of these activities you really enjoy doing. Which do you find a drag? Which do you avoid doing at all? How many of the things that are "a drag" relate to your life time goals? If you find that much of your course work at university is "a drag," check below for ways to make these subjects more interesting.