

Short and Long Term Goals

Name: _____

A Short term goal refers to a goal that can be realized in a shorter period of time such as a week or month. These would be goals such as: improving test scores, write better study notes, read more books, participate in something that's important to you.

A Long term goal refers to a goal that requires a longer period of time (greater than a couple months) to achieve. These would be goals such as: getting high grades in challenging courses, increasing your GPA, acceptable scores on the SAT or ACT, or finding the colleges you want to apply to.

Both goals require you to take action to be able to realize them.

Write two **short term** goals (related to your education) that would be important to you:

1. _____

2. _____

What action would you need to take to realize your short term goals? _____

Write two **long term** goals (related to your education) that would be important to you:

1. _____

2. _____

What action would you need to take to realize your long term goals? _____

Choose one goal from above and complete the questions on the back.

Get Serious About Setting Goals

State your specific goal: _____

Be specific about when you will reach your goal _____

How will you know when you reach your goal? _____

Why is this goal meaningful for you? _____

What steps are required in order to realize your goal? _____

What barriers will prevent you from realizing your goal? _____

How will you deal with the barriers? _____

What will your checkpoints be? (*end of day, end of week tracking*) _____

Who will help you stay the path with your goal? _____

What accomplishments along the way will ensure that you reach your goal? _____

How will you deal with the distractions that prevent you from reaching your goal? _____

What must you do each day to **make it happen**? _____