

My Goal

Name:

Write a sentence that defines your goal. Use an action verb and provide a completion date.
(For example, I will read and outline three chapters in my GOVT 2301 textbook by Friday.)

List the steps you plan to take to reach this goal:

For example:

I will read and outline Chapter 5 on Monday.

I will read Chapter 6 on Tuesday.

I will outline Chapter 6 on Wednesday.

I will read and outline Chapter 7 on Thursday.

I will review all three chapters on Friday.)

1

2

3

4

Do I want to achieve this goal enough to pay the price and stick with it? Yes No

How realistic is this goal? Should I start smaller and increase the difficulty after I've conquered the first step?

How will your life look when you reach this goal?

How will I feel when I reach this goal?

I hereby make this commitment to myself to complete the goal listed above.

Signature

Date