

Motivation and Goal-Setting Worksheet

For each of the questions below, list personal, academic, and professional goals.

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?

Think about the things you have planned for this week. Are those activities consistent with the goals that you have set above? You should be spending more time on the activities that have more priority for you and your lifetime goals.

In order to increase your motivation for activities that are less desirable, create rewards for yourself. For example, "Once I have read pages 200-215 in my History book and answered questions 1-5, I will take a 15 minute break to go outside and enjoy the sunshine". Some of these activities will also have intrinsic goals (i.e. making you feel good).