

Short and Long Term Goals Worksheet

Goal setting is the main component to ensure success. Writing down your goals will allow you to envision the steps to achieve your goal. Setting short and long term goals is a simple way to break each goal into smaller attainable goals.

Example:

Long Term Goal: Make an 89 or higher on test #1

- Short Term Goal:**
1. Review class notes after each lecture for 30 minutes to an hour
 2. Visit the tutoring center weekly
 3. Make flashcards and review the material 3-5 days before the test

Long Term Goal #1

- Short Term Goal:**
1. _____
 2. _____
 3. _____

Long Term Goal #2

- Short Term Goal:**
1. _____
 2. _____
 3. _____

Long Term Goal #3

- Short Term Goal:**
1. _____
 2. _____
 3. _____