

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 and organize class notes after each lecture for 30 minutes to an hour
 2. Visit the tutoring center at the same time each week
 3. Make a weekly study schedule for short, frequent periods of review and practice

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. _____