Get in touch with what you want to get out of your college experience, your life, and your time by setting goals. When writing down your goals, you start the process of reaching them. When you break down a big goal into smaller, more measurable steps, you set yourself on the positive path toward ensuring the outcome you want! Start setting your goals by filling in some of the boxes below.

<table>
<thead>
<tr>
<th>MY GOAL</th>
<th>IN ONE YEAR…</th>
<th>IN SIX MONTHS…</th>
<th>IN ONE MONTH…</th>
<th>IN ONE WEEK…</th>
<th>IN ONE DAY…</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example:</strong> I will raise my GPA by one point.</td>
<td>I will have a GPA of 2.9.</td>
<td>I will have a B in Math, an A in English and PE.</td>
<td>I will complete all of my homework on time.</td>
<td>I will create a new study schedule for myself.</td>
<td>I will write homework due dates in my planner.</td>
</tr>
</tbody>
</table>

Family

Education

Career/Job

Financial

Personal
Set Your Goals

Use this diagram to help you break down a goal into smaller steps. Try and include in your three steps, something that you can do NOW to reach that goal. Each step you accomplish brings you closer to your goal and helps you remain motivated!