

Name

Instructions: To attain any goal one must first recognize what concretely will motivate you to attain the goal(s) you have set for yourself. The first step is to align your values (principles/qualities) and beliefs (something you hold to be true) to the goal. In this manner you can better crystallize why do you want to achieve this goal and why this is goal important to you. Once you align your values and beliefs to your goals it will fuel the quest for achievement, instill self-motivation and move you to work diligently. Let us try this with one goal for this semester.

Step 1: Identify Motivators

Identify your values and beliefs:

Step 2: Identify a Long Term Goal

Identify a long term goal:

Step 3: Identify One Intermediary Goal

Intermediary Goal

Intermediary Goal Task 1

Intermediary Goal Task 2

Intermediary Goal Task 3

Intermediary Goal Task 4