

Goal Setting

Analyse your long-term goal for university

My most important long-term goal for university:

<p>What are the potential gains?</p> <ul style="list-style-type: none"> • <i>Will I respect myself more?</i> • <i>Will I have improved self esteem?</i> • <i>Will I feel more in control of my life?</i> • <i>Other potential gains?</i> 	
<p>What are the potential losses?</p> <ul style="list-style-type: none"> • <i>What sacrifices are involved?</i> • <i>Will I see less of my family?</i> • <i>Other potential losses?</i> 	
<p>How will I recognise when the goal has been achieved?</p>	
<p>What are the targets (sub-goals)?</p> <ul style="list-style-type: none"> • <i>What sub-goals must I complete along the way to ensure I achieve my goal?</i> 	
<p>What are possible obstacles?</p> <ul style="list-style-type: none"> • <i>Have I set myself too much to do?</i> • <i>Have I allowed enough time?</i> • <i>Could I experience ill health?</i> • <i>Might I repeat past mistakes?</i> • <i>Other potential obstacles?</i> 	
<p>What steps can I take to overcome the obstacles?</p> <ul style="list-style-type: none"> • <i>Do I need to revise my original goal?</i> • <i>What can I learn from past mistakes?</i> • <i>What can I do to stay healthy?</i> • <i>What can I do to stay motivated?</i> • <i>Other strategies?</i> 	
<p>How will I celebrate my success?</p> <ul style="list-style-type: none"> • <i>What will I do to reward myself when I accomplish my goal?</i> 	
<p>Am I prone to self-sabotage? What can I do to overcome this?</p> <ul style="list-style-type: none"> • <i>Do I leave work until the last minute?</i> • <i>Do I spend study time doing everything except study?</i> • <i>Do I avoid assessments and exams for fear of failing?</i> 	