

Goal-Setting Worksheet

Goal	Plan	Purpose (Why?/What for?)

Goal-Setting Worksheet

EXAMPLE:

Goal	Plan	Purpose (Why?/What for?)
<i>I want to improve my exam average in 2 of my classes by the end of the semester.</i>	<ol style="list-style-type: none">1. Schedule biweekly study blocks for each of my classes2. Study with a friend to help keep me on track3. Visit my professor during office hours to ask questions regularly	<i>To increase my chances at completing my degree within my goal time frame.</i>