



2. Personal Goals Worksheet

Chapter 1.2 in *University Matters*

The better you understand your personal goals, the more motivated you will be to work hard to achieve them. If you haven't contemplated this kind of thing before, you may not have a clear idea of what is most important to you. To help focus your thinking, consider the following questions.

What are your priorities, now and in the longer term?

What do you want to get out of this experience?

What skills do you want to develop?

What new interests do you want to develop?

What do you expect from your friends?

What contributions do you want to make to your life and the life of others?

What do you really value?

If people who know you well were to describe you or your qualities, what would you like them to honestly say about you?

Do your extracurricular activities contribute to your personal goals?

Current Year: _____

Graduating Year: _____

Difference: _____ years from now, I want to be _____

Medium term: _____ years from now, I want to be _____

Long term: _____ years from now, I want to be _____

My most important goals are:

Why?

The things I value most are:

Why?

When I allocate time, the goals that guide me are:

Why?

When I act, the values I respond to are:

Why?

The most important thing I need to pay attention to is:

Why?
