

Name: _____ Biology - _____ Date: _____

Personal Goal Setting

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality. Setting goals gives you long-term vision and short-term motivation. By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals, and you'll see forward progress in what might previously have seemed a long pointless grind. You will also raise your self-confidence as you recognize your own ability and competence in achieving the goals that you've set. The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts.

Post High School Graduation	Goal #4	Plan of Action

End of 18-19 School Year	Goal #3	Plan of Action

End of the 1st Semester	Goal #2	Plan of Action

End of the 1st 9 Weeks	Goal #1	Plan of Action

