

Questions to Ask During Goal Setting

Student Name:

1. What is your goal?
2. Why is this an important goal to set?
3. How is setting a goal different than simply dreaming about something happening?
4. How can reaching this goal help you?
5. What are some smaller steps you will need to take in order to reach this goal?
6. Can you map out these smaller steps and include an intended timeline to reach them?
7. Why might this goal be difficult to reach?
8. Can you think of a time you set a difficult goal and reached it? How did you accomplish this?
9. What type of visual representation might you create to help you stay motivated while reaching your goal?
10. How might you celebrate when you reach your goal?