**GOAL SETTING WORKSHEET**

The details can turn goals into accomplishments. Your Success Coach will help you break your goals into smaller steps to accomplish this year. **Contact us at** [**MCB.Success@unco.edu**](mailto:MCB.Success@unco.edu) **or Call** [**(970) 351-2131**](tel:+19703512131) **with questions, resources, and support.**

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| ***The Big Picture*** | Write down 1-2 BIG things you want to accomplish. This box provides the starting point. |
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| **1** | Write down 1 thing you can do in the next 2-3 weeks to work towards the Big Picture. |
| **GOAL 1: Weeks** |  |
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| **2** | Write down 1 thing you need to do in the next 1-2 months to work towards the Big Picture. |
| **Goal 2: Months** |  |
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| **3** | Write down 1 thing you need to do this semester to work towards the Big Picture. |
| **GOAL 3:**  **Semester** |  |
|  |  |
| **4** | Write down 1 thing you plan to do next semester (this year) to work towards the Big Picture. |
| **GOAL 4:**  **Year** |  |
|  |  |
| **5** | Write down a habit or routine that will support your Big Picture. |
| **GOAL 5: Ongoing** |  |
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| **Additional** | What else could you do? How does the Big Picture make you feel? |
| **Notes** |  |