**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** [**HSS.StudentSuccess@unco.edu**](mailto:HSS.StudentSuccess@unco.edu) **or Call 970-351-3140 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. |
|  | Raise my GPA to a 3.0! I need to earn Bs or higher in my classes |
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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** | Create a master calendar to track and organize my projects: paper planner and in my phone calendar! |
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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** | Visit the resources on campus to help me learn and succeed: visit my instructors office hours at least 1, make an appointment with Tutorial Services, find the Writing Center, and talk to a Success Coach. |
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| **3** | Write down 1 thing you need to do this semester to work towards the Big Picture. |
| **GOAL 3:**  **Semester** | Develop a study routine that works better for me. I need to change some habits to not procrastinate my assignments as much. |
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| **4** | Write down 1 thing you plan to do next semester (this year) to work towards the Big Picture. |
| **GOAL 4:**  **Year** | Keep working on my new routines, visiting office hours, and talking to my coach or advisor. By next year I hope to earn B+ in all my classes. |
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| **5** | Write down a habit or routine that will support your Big Picture. |
| **GOAL 5: Ongoing** | I usually get more done in the evening. So I need to use my morning for self-care and personal/house stuff to save my evenings to work on my homework every single day. |
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| **Additional** | What else could you do? How does the Big Picture make you feel? |
| **Notes** | I feel excited about this semester---but nervous because B’s are a high goal. If I need support, I need to be stop into the resources I already paid for on campus. |