

4x3x4 Goal Setting

Goals are created in all stages of our lives. They help us to understand what is important to us and the specific steps we can do to meet these goals. Goals are dynamic and will constantly change throughout your life. In this project, you will identify a series of goals at this point in your life and outline the specific steps you will take to meet them.

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CATEGORIES:

ACADEMIC | FINANCIAL | PHYSICAL/MENTAL HEALTH & WELLNESS | PERSONAL

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GOALS

Goals should be SMART: Specific Measurable Achievable Realistic Timely

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STEPS

Steps should outline exactly what you need to do to accomplish your goal

EXAMPLE:

I. ACADEMIC

GOAL #1: Get Into UBC	GOAL #2: Graduate with an "A" Average	GOAL #3: Pass Math 12
<input type="checkbox"/> Maintain Good Grades (minimum 86% in 6 courses) <input type="checkbox"/> Spend at least 1 hour/day studying <input type="checkbox"/> Use FLEX Effectively <input type="checkbox"/> Apply by Jan 31	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

II. FINANCIAL

GOAL #1:	GOAL #2:	GOAL #3:
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>