

Goal Setting: Finding Motivation

Academic Success Center
Iowa State University

Name:

Date:

My goal is:

On a scale from 1 → 10, my goal is (circle one):

1 2 3 4 5 6 7 8 9 10

Not at all important

Somewhat important

Very important

What concerns you most about taking steps to achieve this goal?

What do you imagine is the worst thing that will happen if you remain with current behaviors?

What is the worst thing that will happen if you change current behaviors?

What has worked in the past for you? What was it like?

What are 3 action steps you could take to begin working on this goal?

- 1)
- 2)
- 3)