

Motivation and Goal Setting Worksheet

1. What are your lifetime goals?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____

2. What are your goals for the next three to five years?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____

3. What are your goals for this academic year?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____

4. What are the things you need to do in order to accomplish this year's goals?

Goal 1: _____

- 1. _____
- 2. _____
- 3. _____

Goal 2: _____

- 1. _____
- 2. _____
- 3. _____

Goal 3: _____

- 1. _____
- 2. _____
- 3. _____

Goal 4: _____

- 1. _____
- 2. _____
- 3. _____

5. List the things you will do this week, and the things you will do today that relate to your goals for this year:
These may be specific course assignments, talking to your professor, or opportunities for starting some volunteer work.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

6. What are the consequences of achieving these goals?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____

7. Some consequences are pleasurable and others are aversive (*e.g. Pleasurable=fame/ accomplishment, Averse=giving up time*). **List at least 5 pleasurable consequences of achieving your goals:**

1. _____
2. _____
3. _____
4. _____
5. _____

8. Consequences can be immediate or delayed. Consequences serve as more effective motivators if they are immediate. **List at least 3 positive consequences of the things you will do today and/or this week to achieve your goals for the year.**

Goal 1: _____

1. _____
2. _____
3. _____

Goal 2: _____

1. _____
2. _____
3. _____

Goal 3: _____

1. _____
2. _____
3. _____

9. Go back over the consequences. Are there ways to supplement the consequences to heighten your motivation?