

MODEL FOR SETTING GOALS

What are my reasons for wanting to obtain this goal?

Can I achieve the goal (ability, skills, interest, and time)?

Is the goal worthwhile to me; do I want to do it?

Can the goal be measured in specific terms including completion date?

What is involved in reaching this goal—specific steps?

GOAL	MOTIVATION Why do I want to do it?	ACHIEVABLE Is it realistic?	MEASURABLE Is it specific? Is there a completion date?	VALUE Do I want to do it?	STEPS How do I get there?