

# Goal Setting



## The Goal: Be specific!

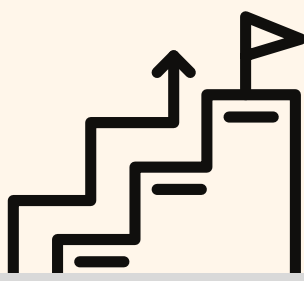
*Who? What? Where? When? Why? Which? Define your goal in as much detail as possible!*

## How will you measure your goal?

*Can you track your progress? Outcomes?*

## Is this goal attainable?

*Does this goal challenge you? How? Where will you get support?*



## Relevance

*Will this goal meet your needs? Does it fit with your long-term plans?*

## Deadline: When will you complete this goal?

*I will complete this goal by...*

### Steps to Take:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Need help?

**The UTC offers Academic Coaching Appointments  
Call 951.343.4349 to book an appointment today  
OR  
Visit our website at  
<https://calbaptist.edu/tutoring-center/>**