

Creating the Future Now

List One Goal. This goal may be academic related, personal (to better yourself), or leisure related. Beside your goal list a time frame. Underneath your goal list why you are committed to its achievement in the time line described. Next, create an ACTION PLAN for your goal. Also list an immediate action you can take today and identify someone who can help you towards its achievement.

Goal: List a single goal in one to two sentences.

Time Frame: How long will it take to achieve your goal.

Why?: List why this goal is important to you

Action Plan: List several steps in order of how you are going to achieve this goal.

At least 5

Immediate Action: List something you can start today in order to make your goal come to life.

Resource(s): List a person or people that you can contact for support.