

# Motivation And Goal Setting Worksheet

1. What are your life time goals?

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

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3. What are your goals for this year?

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

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5. What are the consequences of achieving these goals (weekly or daily? (e.g. How will I feel? What are the rewards? What will others think of me?)

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6. What are the rewards for improving your study behaviour?

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