

1. What are your personal strengths that help you to accomplish your goals?
2. What are two areas in which you can grow (one personal and one academic)?
3. Write these area of growth as personal SMART goals. SMART goals are measurable and specific. For example:

*Ex.: I will sit with someone I don't know one day a week*

*Ex.: I will raise my hand in class to answer a question twice a day*

*Ex.: I will write down all of my assignments five days a week.*

*Ex.: I will have someone read my paper and give me feedback once for every writing assignment.*

**SMART goal 1:**

**SMART goal 2:**

4. How might your strengths help you with these growth areas?
5. What obstacles in meeting these goals do you expect to face? Name two obstacles for each goal.
6. Create two strategies for each goal to help you in overcoming these obstacles. (You may want to consider: psychological resources like self-talk, mindsets that would be helpful, and strategies and resources you might be able to use to help.)