

Goal Setting

Think about your life in different roles, qualities, characteristics and aspects of your entire being. For example, think about your physical self, your emotional self, your intellectual self, your spiritual self. Think about yourself as a student, a friend, a sibling, an employee. Now, focus on one, some, or all of these parts of who you are and then write down your responses to the following statements.

Start - These are the things I want to start doing. Things that I want to be part of who I am and what I do in the future:

Stop - These are things I currently do, or parts of who I am today, that I would like to let go of or end:

Continue - These are things that I currently do, or parts of who I am today, that I value and want to hold on to:

Take your time with this. Over time you might choose to add or revise your response to these statements. Once you have recorded several responses to each of these statements you will have some good information about how you see yourself and what your personal goals might be.