Goals Brainstorming

The following questions are designed to help you reflect on your interests and strengths and to think about how these relate to your course of study and experiences in college.

• If your life could be anything you wanted it to be, what would it look like right now?

• Who would you want to share your experiences with (e.g., friends, family, significant other, etc.)?

• How would you spend your time, if you could do anything you wanted?

• What type of work are you interested in pursuing?

• What do you want to learn? To know? To be?
• What are your strengths and areas for improvement?
  o Strengths:

  o Improvements:

• How do the prior questions relate to what you are studying (or hope to study) in college?

• Based on what you have written, what short-term goals might you set for yourself over the next month, 6 months, year to help you make your dreams into reality?
  o One Month:

  o Six Months:

  o One Year:

• “Permission goals” are just what they sound like - things you really want and could easily have with the resources you have now, but that you just haven’t given yourself permission for.
  o What’s the goal?

  o Why don’t you have it?

• “Elimination Goal(s).” Like permission goals, these can be extremely easy or terribly difficult. They’re the things that exist in your life right now that you’d be better off without. Habits, clutter, distressing people, unpleasant environmental factors, unnecessary expenses, fixations, collections, annoying verbal habits… Anything at all that you’d be better off without.
  o Complete the following sentence, put a deadline on it and make it happen.
    I want to eliminate ________________________________________________ by ___/___/______.
    When that’s done, my life will be better because: