

# GOAL SETTING & MOTIVATION



## Your Life as a Tree

Think about why you chose to study at TRSM:

**Draw yourself as a tree:**

- **MY ROOTS:** What are my roots?  
What are the past experiences that brought me here? What keeps me grounded and strong?
- **MY TRUNK:** What is my trunk?  
What are the values and skills that make up my core? What keeps me growing?
- **MY BRANCHES:** What are my branches?  
What am I growing towards? Where do I want my branches to reach in the future?
- **MY COMPOST HEAP:** What parts of my roots, trunk, and branches am I ready to leave behind?  
What parts of me do I no longer want to define me?

## Defining Success

Use your “life as a tree” drawing. In one sentence, define what success means to you:

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## SMARTER Goal Setting

Setting goals and making a plan to complete those goals increases the likelihood that your goal of being a successful student is realized.

<p><b>SPECIFIC</b> Well defined, clear, and unambiguous.</p>	
<p><b>MEASUREABLE</b> With specific criteria that measure your progress towards the accomplishment of the goal.</p>	
<p><b>ACHIEVABLE</b> Attainable and not impossible to achieve.</p>	
<p><b>REALISTIC</b> Within reach, and relevant to your purpose.</p>	
<p><b>TIMELY</b> With a clearly defined timeline, including a starting date and a target date. Create urgency!</p>	
<p><b>EVALUATED</b> To ensure you are on-track and that the goal is still relevant.</p>	
<p><b>RE-ADJUSTED OR REWARDED</b> After evaluation, you either try new approaches until you find yourself getting closer to your goal, or reward yourself for having attained the goal.</p>	

## Reflection

What factors do you anticipate might lower your motivation toward the goal you identified?

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How can you work to counter these factors?

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