

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>SPECIFIC Well defined, clear, and unambiguous.</p>	
<p>MEASUREABLE With specific criteria that measure your progress towards the accomplishment of the goal.</p>	
<p>ACHIEVABLE Attainable and not impossible to achieve.</p>	
<p>REALISTIC Within reach, and relevant to your purpose.</p>	
<p>TIMELY With a clearly defined timeline, including a starting date and a target date. Create urgency!</p>	
<p>EVALUATED To ensure you are on-track and that the goal is still relevant.</p>	
<p>RE-ADJUSTED OR REWARDED 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?

How can you work to counter these factors?
