Goal Setting

Study Development Worksheet

| 1. This week’s top priority: |  |
| --- | --- |
| Three tasks I can do to achieve it: | 1.  2.  3. |
| How much time do I aim to spend on it?  What challenges do I expect to encounter? |  |
| 2. This week’s second priority: |  |
| Three tasks I can do to achieve it: | 1.  2.  3. |
| How much time do I aim to spend on it?  What challenges do I expect to encounter? |  |
| 3. This week’s final priority: |  |
| Three tasks I can do to achieve it: | 1.  2.  3. |
| How much time do I aim to spend on it?  What challenges do I expect to encounter? |  |