

# Goals for the Future

Name: \_\_\_\_\_

**INSTRUCTIONS:** Write a short-term, mid-term and long-term, personal goal and career goal. Your goals should be reasonable and include enough measurable steps to be attainable.

A **GOAL** – statement of intent that is measurable, achievable, concrete and specific.

1. **SHORT – TERM GOAL** – a goal that a person intends to achieve in the immediate future (i.e. next week or next month)

My short-term goal is: \_\_\_\_\_

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2. **MID-TERM GOAL** – a goal that a person intends to reach in the foreseeable future (3 – 12 months).

My mid-term goal is: \_\_\_\_\_

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3. **LONG – TERM GOAL** – goals that a person intends to reach in the future (3-10 years).

My long-term goal is: \_\_\_\_\_

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4. **PERSONAL GOAL** – a goal that primarily concerns one's self and perhaps family relationships.

My personal goal is: \_\_\_\_\_

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5. **CAREER GOAL** – what kind of work environment would you enjoy? How will you get there?

My career goal is: \_\_\_\_\_

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