



# GOAL SETTING



## Designing Each Day

- What are your top 3 goals?
- Are you thinking about them often?
- As you go on throughout your day, reflect on if your current actions and ask if this action is a step toward your goals.

Use a small object that represents your dream and keep it around to remind you.

- You make choices every day.
- What are the effects of those choices (not if they were good or bad choices)?
- Will your choices move you forward or hold you back from your goals?

## Managing the Environment

Are there distractions in your environment?  
Is it working for you or do you need a new system?

Do you have a support system?  
People who care about your goals and/or can help you?

Do you have enough energy for your plans?  
Are you maintaining your health?

Are all your career search materials in one accessible location?

Is there anything else that is distracting you from the job search? Is there someone who can help you if the problem is difficult to solve by yourself?

## Premack's Principle

Self-Care

Balanced Life

How will you reward yourself this week?

A preferred behavior is likely to occur if it is followed by a preferred behavior.

What will do after completing one of your big goals?



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