Goal Setting

**D.A.P.P.S.**

 **Dated** – Effective goals have specific deadlines.

 **Achievable** – Effective goals are realistic.

 **Personal** – Effective goals are your goals, not someone else’s.

 **Positive** – Effective goals focus your energy on what you do want rather than on what you don’t

want**.**

 **Specific** – Effective goals state outcomes in specific, measurable terms.

 My Goals:

**Academic**

**Professional**

**Personal**

 Three Long Term

Three Medium Term

Three Short Term