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