Set a Short-Term Goal. Sometimes it can be difficult to make your daily habits and tasks support your long-term goals. Answer the following questions and think about what short-term goals you might want to set that could better help you work toward your overall plans.

1. What is one long-term goal you have right now, or one way that you would like your life to be different right now? Make sure that this goal is something doable and important to you.

   _____

   _____

2. What are three things that you may need to do for this goal to become a reality?

   (a) _____

   (b) _____

   (c) _____

3. Which of these three things do you think makes the most sense to work on first?

   _____

   _____

4. What could you do in the next 6 months to work on this?

   _____

   _____

5. What could you do in the next month to work on this?

   _____

   _____

6. What could you do in the next week to work on this?

   _____

   _____