



**Drexel Learning Center**  
Goal Setting and Planning Worksheet

These are my **STRENGTHS**:

- These are the things I am good at.
- These are the things I am energized by.
- These are the things I would do for free.


This is my **GOAL**:

- This is the problem or state I am looking resolve or attain.
- This is my vision for how things could be.
- These are the specific results I expect to achieve at the completion of this plan.
- This is the value-based need to achieve those results.


These are my **STRATEGIES**:

- These are the objectives and tactics I will use to complete this plan.
- These are the resources and materials I will use and the people I will work with.


This is my **REWARD**:

- These are the tangible rewards I will give *to myself* at the completion of each milestone.
- Rewards might include a gold star on your calendar, a pint of your favorite ice cream, an hour of video games, movie/dinner with a close friend, spa treatment, and many others. Avoid durable goods like jewelry and clothing.

This is how I will **EVALUATE**:

- I will know that I did OK if the following happens.
- These are the milestones for my performance.
- I will revisit my goal (*Is it realistic?*) and strategies (*Are they appropriate?*) if I am unable to achieve the desired results from this plan.

**THE PLAN**

This is your opportunity to explain the plan in detail. Be sure to include a specific time table for accomplishing each milestone and a concept-level analysis of the problem's driving and restraining forces.

**PLAN Continued**

