Goal Setting Assignment

Now that we have all learned how beneficial goal-setting theory is in lecture, it’s time to directly apply our knowledge to the real world. For this assignment, you are to choose three areas in your life: education/school, work, and some non-work domain. For each area, you are to identify problems that could be addressed and develop *two specific and difficult* goals in order to overcome those obstacles. Across three life domains and two goals each, this will result in a total of **six goals** to be written for this assignment. If you do not have a job *per se*, you can use volunteering, student organizations or clubs, intramurals, Greek life, etc. as a supplement. Just make sure to spread out your six goals across different life domains. We look forward to reading all of the **SMART** goals (hint hint) that you come up with!

1. Choose three areas in your life where you would like to improve performance
   1. 1 Educational/school
   2. 1 Work
   3. 1 Non-work
2. Identify *specific* problems that you can address
3. Set **two specific, difficult** goals
4. Set up a plan to measure your progress toward those goals
5. Explain why you are committed to those goals