

MAPP IDENTITY GOAL SETTING SHEET

Name _____

Date _____



NOTE:

Avoid outcome-focused goals like:

- "I want to get a 3.9 GPA"
- "I want to gain 10 lbs."

Focus on worldview and identity like:

- "I want to be an endurance athlete."
- "I want to be a ChemBE student who researches biofuels"

TODO:

Write down 1 personal aspiration for each of the 8 areas of wellness

INTELLECTUAL

ENVIRONMENTAL

PHYSICAL

SOCIAL

EMOTIONAL

SPIRITUAL

FINANCIAL + OCCUPATIONAL

LETTER TO FUTURE SELF

Who am I? What habits can I build on to achieve these goals? etc.
