**PLP HOMEWORK TASK**

**Create and Plan & Set Goals**

**Step 1. Long‐Term Goals**

**Directions:** Long‐term goals should cover all aspects of your education, career, and financial decisions. Think back two years ago, what were your plans then? Now, what you would like to do after you finish your schooling? You may not have goals in each area at this time.

|  |  |
| --- | --- |
| MY GOAL | MY LONG-TERM GOALS |
| Career | 1.  2. |
| Education | 1.  2. |
| Personal | 1.  2. |
| Finance | 1.  2. |

**How to best achieve goals?**

*People, who write down their goals, share this information with someone, and that send weekly updates to that person are, on average, 33% more successful in accomplishing their goals than those who merely think about their goals.* “Study Backs Strategies for Achieving Goals” 2011.

**Discuss your long-term goals and your short-term actions with a parent/caregiver. Do they think you are motivated enough to achieve your goals? What can you do to ensure you maintain motivation to achieve your goals?**

**Parent/Caregiver Response:**

**Step 2. Short‐Term Actions to Achieve Long Term Goals**

**Directions:** Now think about how to break them down into small actions.

|  |  |
| --- | --- |
| MY GOAL | MY SHORT-TERM GOALS |
| My long-term career goal |  |
| My short-term actions to support this goal | Example starters   * I will learn more * I will practice my skills * I will get experience * I will get training |

**Step 3. Goal Setting Plan Exercise**

**Directions:** The final step is to make sure you complete these actions. Using the table make a date, list any resources to help you and how will you reward yourself for a job well done. Evaluate and update the plan regularly

*My Long‐Term Career Goal is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

|  |  |  |  |
| --- | --- | --- | --- |
| I will do this short-term action | By this date: | Resources to help me: | I will reward my success by: |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |