

# Short and Long Term Goals

A Short term goal refers to a goal that can be realized in a shorter period of time such as a day, week or month. These would be goals such as: improving test scores, write better study notes, read more books, participate in something that's important to you.

A Long term goal refers to a goal that requires a longer period of time (greater than a couple of months) to achieve. These would be goals such as: becoming fitter, saving money, develop better friendships.

Both goals require you to take action to be able to realize them.

Write 2 short term goals that would be important to you:

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

What action would you need to take to realize your short term goals? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Write 2 long term goals that would be important to you:

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

What action would you need to take to realize your long term goals? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_