

# Assignment 2

## Goal Setting

This activity is designed to help you set well-developed goals for your work in ENS. Please take the time to think out your responses to each of the “goal setting steps” so that your goals are meaningful and well-thought out.

Step 1: **Desire** In what ways would you like to improve yourself physically?

Step 2: **Belief** What are your beliefs about your ability to make the above changes?

Step 3: **Analyze Where You Are Now** What is your “starting point” in regards to the changes you would like to make?

Step 4: **Set Three Realistic Physical Goals** Make sure that your goals allow you to stretch out of your comfort zone, but that is attainable?

Step 5: **Write Your goals in Detail** Write your goals so that they are specific and measurable.

Step 6: **List the Benefits You Will Receive** What will you gain by attaining your goals?

Step 7: **Identify Obstacles** What things might prohibit you from attaining your goals? How can you avoid these obstacles?

Step 8: **Identify Knowledge You Will Need** What skills or understanding do you need to attain or improve to reach your goals?

Step 9: **Make a Plan of Action** What are the steps you will follow to assure that you attain your goals?

Step 10: **Develop a Time Line** When will you accomplish each step of your goals?

Step 11: **Monitor Your Progress** How will you evaluate whether or not you are successfully meeting your goals?

Step 12: **Never Give Up** How will you keep your determination high? Who can help support you in attaining these goals?