



LASSO CENTER

UNDERSTANDING YOUR GOALS

Think about a goal you have - motivation plays a large part in accomplishing your goals.

You can achieve your goal by taking action!

What is your goal?

What inspired this goal?

How are you doing with this goal?

What is one thing you can do to improve your motivation toward your goal?



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On a scale from 1-10, how committed are you to this goal?

Color in the circles to represent your commitment to the goal!

A horizontal row of ten empty circles, each with a thin black outline, intended for coloring to represent a commitment level from 1 to 10.

What keeps you motivated to complete your goal?

Check the boxes that apply.

- ☐ Future rewards
- ☐ Family
- ☐ GPA
- ☐ Personal Achievements
- ☐ Scholarships
- ☐ Friends

What do you need to help complete your goal?

Check the boxes that apply.

- ☐ Accountability
- ☐ Tutoring
- ☐ Better Technology
- ☐ Study Skills
- ☐ Time Management
- ☐ Support