Life Goals Form

Instructions: Please provide five life goals followed by four action steps you will take to achieve each goal. These goals should be real world based and have some relation to your career at Eastern. This project is designed to help you outline the reasons why you are a college student and focus you’re thinking on these goals. Below is the format you should follow.

Life Goal: _____________________________

Action Steps to achieve goal:

1) _______________________________________
2) _______________________________________
3) _______________________________________
4) _______________________________________

Example:
Life goal: Gain a larger social network

Action Steps to achieve goal:
1) Attend events that I would normally pass-up
2) Initiate conversations with people I don’t know well
3) Invite a group of friends over for dinner and encourage them to bring others
4) Be confident in my ability to communicate and be liked