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# Define Your Goals

## The first step on the path to change

There are many times in our lives when we feel like we need to make a change. When you decide to change you must clearly define the changes you want to make because the more specific you are, the easier it is to accomplish your goal. Be as specific as possible when you create goals for yourself.

- 1) General Goal \_\_\_\_\_  
Specifically I want... \_\_\_\_\_
- 2) General Goal \_\_\_\_\_  
Specifically I want.. \_\_\_\_\_
- 3) General Goal \_\_\_\_\_  
Specifically I want... \_\_\_\_\_
- 4) General Goal \_\_\_\_\_  
Specifically I want.. \_\_\_\_\_

Check it out. Are your wants in line with your belief system– your values, self-concept, long-range goals, commitments, etc?  YES  NO

In order to reach your goals, what might you have to give up?

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

Which of these things are you willing to give up?

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

Are there aspects of your life you don't want to tamper with right now? Which parts?

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

What moves are you willing to make toward reaching those goals? Be specific.

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**Provided by: Campus Wellness Center, Student Services 430,  
898-4697, [www.csuchico.edu/wellness](http://www.csuchico.edu/wellness)**

