

Envisioning Long Term Goals

Future I want for myself in 10 years:

What are you doing to make a living? Where do you live? What do you do when you're not working?
What about family and friends?

Future I want to avoid (10 years):

Implementing Semester Goals¹

Goal:

Benefits:

Potential Obstacles:

- 1.
- 2.
- 3.

Plan:

If:

Then:

¹ Adapted from Gabriele Oettingen's *Rethinking Positive Thinking* (New York: Current, 2014).