

# CAREER SERVICES CENTER

## Seattle Central Community College

### CHANGE AND GOAL SETTING WORKSHEET

Please respond to the following prompts or questions.

If I could change one thing about myself or past experiences I would change.....  $\frac{1}{2}$  page or more please!

Define success....

Name one person that you see as successful. Why are they successful?

List one accomplishment that would signify your success.

What will you have to change to achieve this accomplishment?

#### BLUEPRINT FOR CHANGE-

As a 1<sup>st</sup> year student, identify an area where you have had difficulty with change.

What emotions have you experienced as a result of change? Please describe both negative and positive emotions if you have had both.

Make 2 goal statements: and 3 steps for each that you will take to achieve your goals. Remember-goals must be reasonable, believable, measurable, adaptable, controllable and desirable! " I will...."

Categories for Goals:

- Personal or self improvement
- Academic
- Family
- Career or job
- Financial
- Social
- Health
- Spiritual