## Part A: Motivation

What motivates you? Complete this quick assessment to find out!

### Instructions:

1. Think of 6 of your past accomplishments. Add them to the table below.
2. What motivated you to achieve them?
3. Review the motivators listed in the table and check all that apply.
4. Feel free to choose more than one motivator for each of your past accomplishments.
5. When you have completed the exercise, be sure to tally up your totals at the bottom of each column.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| List your accomplishments | Money | Recognition | Pleasure | Challenge | Obligation | Pressure | Winning | Acceptance | Friendship | Helping Others | Security | Freedom | Feeling of Accomplishment |
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| Total number of checks |  |  |  |  |  |  |  |  |  |  |  |  |  |

## Part B: Short and Long Term Goals

Now that you have a good idea about what motivates you, it’s time to start setting some goals. Long term goals are directed at 3-5 years in the future. Short term goals are established as steps to achieving your long term goals. All goals should be SMART, that is, they should be specific enough that you (or someone you know) can measure whether they have been met.

### An example:

Long Term Goal: I will eliminate three of my current risk factors for heart disease, excessive weight, lack of exercise, smoking, by the time I turn 35.

* Short term goal 1: I will quit smoking all forms of tobacco in the next six months.
* Short term goal 2: I will lose 20 pounds over the next 12 months.
* Short term goal 3: I will go for a 30-minute walk at least 5 times per week for the rest of my life.

Having established these short term goals, you can describe steps you will take to achieve them. Once they are achieved, you can establish new goals such as I will lose an additional 20 pounds over the next year.

### Instructions

Write 4 SMART short term goals for each of these long term SMART goals:

**My long-term goal is to successfully complete my education at Herzing University by Click here to enter year**

\*Note that to be a true SMART goal you would need to be more specific than “successfully”.

For your short term goals include a specific goal you wish to achieve, how you might achieve it, and a date or time when you plan to have achieved it.

* Short term goal 1: Click here to enter text.
* Short term goal 2: Click here to enter text.
* Short term goal 3: Click here to enter text.
* Short term goal 4: Click here to enter text.

**My long-term career goal is to obtain a position as Click here to enter title within 2 months of my graduation from Herzing.**

For your short term goals include a specific goal you wish to achieve, how you might achieve it, and a date or time when you plan to have achieved it.

* Short term goal 1: Click here to enter text.
* Short term goal 2: Click here to enter text.
* Short term goal 3: Click here to enter text.
* Short term goal 4: Click here to enter text.

## Part C: Images That Inspire

In Unit 2 Topic 1 Goal Setting and SMART Goals, you learned about vision boards. These are boards you can create with images related to your short and long term goals. These boards are then used to remind you of what you wish to achieve. Many successful people have used vision boards to them to do the things they needed to do to achieve their goals.



For example: If your goal is to lose 20 pounds you might include a picture of you now and pictures of others looking the way you wish to look after your weight loss. Or if you want to give up smoking, you might include pictures of people with cancer or ugly ashtrays. The images can be positive or negative as long as they inspire you to attain your goals.

### Instructions:

* Select an Image Box 1, 2, 3, or 4 and click on the image in the middle
* Select to add an image from your computer files or to complete a Bing Image Search



* If using the Bing Image Search, enter a one or two word description of the image you are looking for in the Search Bing box.
* Find 4 images that are
	+ related to your short term goals
	+ likely to inspire you
* Select the image you want to include
* Repeat for the other 3 images



  

Paste Image 2 here

Paste Image 4 here

Paste Image 3 here

Paste Image 1 here