

GOAL SETTING & MOTIVATION

TRAIN TO LEARN EFFECTIVELY: TIP SHEETS

Your Life as a Tree

Think about why you chose to study at TRSM:

Draw yourself as a tree:

- **MY ROOTS:** What are my roots? What are the past experiences that brought me here? What keeps me grounded and strong?
- **MY TRUNK:** What is my trunk? What are the values and skills that make up my core? What keeps me growing?
- **MY BRANCHES:** What are my branches? What am I growing towards? Where do I want my branches to reach in the future?
- **MY COMPOST HEAP:** What parts of my roots, trunk, and branches am I ready to leave behind? What parts of me do I no longer want to define me?

Defining Success

Use your “life as a tree” drawing. In one sentence, define what success means to you:

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SMARTER Goal Setting

Setting goals and making a plan to complete those goals increases the likelihood that your goal of being a successful student is realized.

SPECIFIC Well defined, clear, and unambiguous.	
MEASUREABLE With specific criteria that measure your progress towards the accomplishment of the goal.	
ACHIEVABLE Attainable and not impossible to achieve.	
REALISTIC Within reach, and relevant to your purpose.	
TIMELY With a clearly defined timeline, including a starting date and a target date. Create urgency!	
EVALUATED To ensure you are on-track and that the goal is still relevant.	
RE-ADJUSTED OR REWARDED After evaluation, you either try new approaches until you find yourself getting closer to your goal, or reward yourself for having attained the goal.	

Reflection

What factors do you anticipate might lower your motivation toward the goal you identified? How can you work to counter these factors?