

# HOW TO SET ACHIEVABLE GOALS FOR TRIMESTER 2

Goals are important to help you stay on track for Trimester 2. Goals also help you to get perspective on what needs to be achieved when you are stressed or when Uni is at its busiest.

Your goals don't need to be unrelated, they can be as simple as get more sleep or drink more water. Creating an action plan for your goals helps cement in your mind what steps you need to take towards achieving this.

## TIPS ON SETTING YOUR GOALS

1. Keep your goals updated, set aside time each week to consider your goals and add anything new that needs to be achieved over the next week.
2. Write your goals down in order of most important to least important.
3. Ensure your goals are achievable and measurable – what measures are in place for you to look back and realise you have achieved your goal?
4. Breakdown larger goals into smaller ones. Treat the task column as a 'to do list'
5. Reflect on your process each week as you sit down to reassess your goals. Do some tasks need readjusting? Do you need to change the priority of your tasks?
6. Incentivise yourself with rewards as you go. Set aside rest time, nap time and snack time. These are guilt-free portions of time that you have earned!

#WHATSONATGRIFFITH PRESENTS TRIMESTER 2  
**BOUNCE BACK WEEK**

(most important  
to least important)

**You can break down large goals into smaller ones. Treat this column as a 'To-Do List'**

**Remember to reassess your goals each week. Do some tasks need readjusting? Do you need to change the priority of your tasks?**

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