Goal Setting Activity

1. **Dream.** - Fast forward to this time next year. What do you hope to have accomplished? It could be related to one idea from the #AFAAM or perhaps all of the things you want to accomplish in your current position or role. **In this timed activity, you will have 3 minutes (per square) to jot down all that you would like to accomplish in the next two, four, six, and twelve months.** Don’t worry about specifics or even barriers right now. We'll get to those. Write as many as time will allow, making sure to have a minimum of two per box.

<table>
<thead>
<tr>
<th>TWO MONTHS</th>
<th>FOUR MONTHS</th>
<th>SIX MONTHS</th>
<th>TWELVE MONTHS</th>
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Reflection activity adapted from Passion Planner’s “My Passion Roadmap” for Association of Fraternity/Sorority Advisors “Advance U” Webinar by James Crawford
2. Goal Identification
You will have 2 minutes for this activity. Review each of the four sections in Step 1. When the clock starts, circle one thing that you hope to accomplish from each of the four sections. You will have four circles in total. Write that circled item in the spaces below.

- **TWO MONTHS**
- **SIX MONTHS**
- **FOUR MONTHS**
- **TWELVE MONTHS**

3. Primary Goal
You will have 1 minute for this activity. Of the four boxes to the left, select the one you want to accomplish the most. This will be your top goal. If you’re stuck deciding, which one most excites you? Inspires you about your work? Write it in the box below.

**TOP GOAL**

4. Elevator Pitch
You will have 1 minute for this section. In the space below, write down your “why” behind your top goal. Your one or two sentence “elevator pitch” for this idea. What about this goal inspires you? Why did you choose this one over the others? Knowing your “why” will help you as you start to build your “how” and “what”.

**WHY?**

5. Stakeholders
You will have 30 seconds for this section. In the space below, write down everyone that immediately comes to mind who might have some stake in this idea or goal. Is it coworkers? Students? Alumni? Parents of students? Who all will be impacted or might even be a speedbump to this idea’s progress?

**WHO?**

#ADVANCEU #AFAAM

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6. Focus In
You will have **5 minutes** for this activity. In the box below, write the top goal you chose on the previous page. Surrounding that goal, list all of the steps, tasks, metrics that will need to occur in order for you to feel like progress was made towards completing that goal.

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For the time that remains, complete the steps below.

7. Timing is Everything.
Return to the spot above and write in the amount of time needed to accomplish each task. Does one take about 10 minutes? One hour? Four days? Once you have done that proceed to the remaining step.

8. It's a Date!
Now that you know how much time is needed for each step, assign dates that you would like to accomplish each of these ranging from one year out to today. Be realistic and honest with yourself. Once you get back to your daily routine, there will be all kinds of things that might slow down these dates.

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