



## Getting organised

### Goal-setting

#### Activity 1: What are my lifetime aspirations?

The aim of this exercise is to identify what really matters and is important to you in the very long term. Imagine your future life and, without thinking too deeply about it, use the following headings as prompts to brainstorm **how you would like your life to be in ten, twenty, or fifty years' time**. Work quickly. Don't worry just now about getting too specific, or how these might be achieved – you can come back to that later.

Education/career:

Financial/money:

Relationships/family:

Health/wellbeing:

Social life/hobbies:

Spiritual/other:

#### Activity 2: What are my long-term goals as a student?

Thinking now about your **next three to five years at University of Galway**, what 'long-term' goals would set you on the path to achieving some or all of the aspirations you identified in Activity 1? Remember, for goals to be meaningful, they must be SMART (specific, measurable, achievable, relevant, and time-based).



Some of my long-term goals (over the next 3 – 5 years) at University of Galway are:

**Activity 3: What are my medium-term goals as a student?**

Now that you have identified some long-term goals, switch your focus to the medium term. Can you set **goals for the next year** that will act as stepping stones to achieving your long-term goals?

Some of my medium-term (over the next year) goals at University of Galway are:

**Activity 4: What are my short-term goals as a student?**

Now we are down to looking at goal-setting over the **next few weeks or months**. This is where you need to get very specific indeed! You may find it helpful to make use of our to-do list template and/or weekly and assignment planners to help with this task.

Some of my short-term (over the next few weeks/months) goals at University of Galway are: