# Goal Organizer

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. What is your goal?</td>
<td></td>
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<tr>
<td>2. What benefits will you gain by achieving this goal?</td>
<td></td>
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<tr>
<td>3. What consequences will you experience if you do NOT achieve this goal?</td>
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<tr>
<td>4. What obstacles might you encounter while working on this goal?</td>
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<tr>
<td>5. How can you deal with the obstacles effectively if they occur?</td>
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<tr>
<td>6. What people or resources could help you to achieve this goal?</td>
<td></td>
</tr>
</tbody>
</table>

Created by Joey Faria (Learning Resources Intern), Isabella Scurfield (Learning Resources Intern) & Patricia Diaz del Castillo (Learning Resources Advisor) Office for Students with Disabilities, McGill University (2016)
Goal Organizer

Step 1: Break your goal down into smaller steps
Step 2: Give each step a deadline or time frame in which it needs to be accomplished
Step 3: Review your progress and reassess as needed

End Goal: ________________________________

Step 1: ________________________________
Will be accomplished by: ________________________________

Step 2: ________________________________
Will be accomplished by: ________________________________

Step 3: ________________________________
Will be accomplished by: ________________________________

Step 4: ________________________________
Will be accomplished by: ________________________________

Step 5: ________________________________
Will be accomplished by: ________________________________

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