My Goals

Use this form to start writing down your goals. It is just a tool to help you get started. Once you’ve finished writing your goals, put it in a notebook so that you can come back and look at it later. Don’t forget to keep track of your progress. And remember to review your goals every once in a while and make changes when you need to.

Today’s Date: Sept. 21, 2009

My starting point: I am ________________________________

Goal: ________________________________

I want to complete this goal by ________________________________

Steps to Accomplish My Goal:

Learn as much as I can about the career.

Completed

Shadow a physical therapist.

Do well in science and math courses.

Learn where I can apply to P.T. School.

Get a job in a hospital or clinic for exposure.

Get accepted into a program.

People who can help me reach this goal:

Other Students

Current physical therapists

People I have told about this goal:

My parents, high school advisors

What can help keep me motivated to continue to reach for my goal? Staying focused and remaining realistic in my expectations.

I need to review this goal in one year