

# Goal Setting Guide

1. What is my goal?
2. What is the most positive outcome of achieving this goal?
3. What is the main obstacle standing in the way?
4. How can I overcome this obstacle? (What changes will I make?)
5. How should I achieve my goal? (When? Where?)

Are you making S.M.A.R.T goals? Visit [go.osu.edu/coachinginfo](https://go.osu.edu/coachinginfo) to book an appointment with an academic coach and turn your goal into a S.M.A.R.T. one.