

Student Name: _____

Class: _____

Due Date: _____

Introduction

Welcome to this homework assignment on motivation and goal setting. This worksheet is designed to help you analyze your personal strengths and weaknesses, identify areas for improvement, and set realistic goals. Please take approximately 45-60 minutes to complete this assignment.

Section 1: Reflecting on Your Strengths and Weaknesses

Take 10-15 minutes to think about your personal strengths and weaknesses. Consider your past experiences, skills, and areas where you excel or struggle. Answer the following questions:

1. What are your greatest strengths and how do you utilize them in your personal and professional life?

2. What are your weaknesses and how do they impact your personal and professional life?

3. What are your values and priorities, and how do they align with your goals?

Section 2: Self-Assessment Questionnaire

Please answer the following questions honestly and thoughtfully:

1. What motivates you to achieve your goals, and what demotivates you?

2. What are your long-term and short-term goals, and how do they align with your values and priorities?

3. What are some challenges you may face in achieving your goals, and how will you overcome them?

Section 3: Setting SMART Goals

Use the following template to set SMART goals:

- **Specific:** What do I want to achieve?
- **Measurable:** How will I measure progress and success?
- **Achievable:** Is this goal realistic and attainable?
- **Relevant:** Is this goal aligned with my values and priorities?
- **Time-bound:** What is the deadline for achieving this goal?

Set three SMART goals for yourself and write them down below:

1. _____

2. _____

3. _____

Section 4: Creating an Action Plan

Use the following template to create an action plan for each of your SMART goals:

- **Goal:** What is the specific goal I want to achieve?
- **Tasks:** What smaller tasks need to be completed to achieve this goal?
- **Timeline:** What is the deadline for completing each task and the overall goal?
- **Resources:** What resources (e.g., time, money, support) do I need to achieve this goal?

Create an action plan for each of your SMART goals:

Goal 1

Tasks: _____

Timeline: _____

Resources: _____

Goal 2

Tasks: _____

Timeline: _____

Resources: _____

Goal 3

Tasks: _____

Timeline: _____

Resources: _____

Section 5: Review and Reflection

Take 10-15 minutes to review your self-assessment, goals, and action plan. Reflect on what you have learned about yourself and how you can apply this knowledge to achieve your goals. Answer the following questions:

1. What did you learn about yourself through this assignment?

2. How will you use this knowledge to achieve your goals?

3. What challenges do you anticipate facing, and how will you overcome them?

Conclusion

Congratulations on completing this homework assignment! Remember to review and reflect on your progress regularly to stay motivated and on track. Don't forget to share your goals with a trusted friend or mentor and ask for their support and feedback.

Additional Activities

Create a vision board to visualize your goals and desires.

Share your goals with a friend or mentor and ask for their support and feedback.

Time Management Guidelines

Self-assessment and goal setting: 20-25 minutes

Creating an action plan: 15-20 minutes

Review and reflection: 10-15 minutes