

Goal Setting and Planning

Setting goals and creating a plan to reach them helps us picture what success looks like and take the steps to be who we want to be. When setting a goal, focus on the process, not just the desired outcome, and make a plan to overcome the challenges that could get in your way. Let's try it!

Identify your goal

What is important to you? Where do you see space for growth? How and where do you see yourself?

Example:

- Social - Intentionally connect with the people I love.

Identify action steps to take

What steps can you take to move towards your goal? What does this process look like? Be as specific as possible!

Example:

- Make a plan to connect with my sister each week and put it in my schedule.

Identify and overcome obstacles

What obstacles might you face in taking the actions you want to prioritize?

Example:

- Cancelling plans when school work builds up

How will you overcome these obstacles? What strengths can help you face challenges?

Example:

- Staying on top of my school work
- Reaching out to chat even if for only 15 minutes.



To learn more, book a one-on-one coaching appointment or attend a Learning Skills Workshop!
Visit www.smu.ca/studentsuccess
StudentSuccess@smu.ca



Dimensions of Wellness

Prioritizing wellness is so important as a busy student. Know that Saint Mary's has resources to support you in all areas of wellness!

- Expression of creativity
- Expression of curiosity
- Space for quiet and calm
- Access to mental health support



- Listening and caring for your body
- Sleep (7-9 hours/night)
- Nourishment and hydration
- Intentional movement

- Meaningful connection with others
- Joyful and loving relationships
- Healthy setting and respecting of boundaries
- Ability to navigate conflict

Physical

Mental

Social

Dimensions of Wellness

Spiritual

Emotional

- Connection with innermost self and truth
- Connection with nature and greater existence
- Finding meaning in choices and actions

- Space to acknowledge, feel, accept, process, and share emotions
- Sense of self
- Growth-oriented mindset

Environmental

- Recognition of the connection between your surroundings, community, and self
- Ability to adjust your environment for your needs and preferences

See our handout on 'Mindset Maintenance'!



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