

EXERCISE:

NOTE TO SELF

The Note to Self Exercise is most useful for:

- Learning how to develop and create goals
- Identifying skills that you employed in reaching your goal and reflecting on your progress
- Understanding what obstacles may have hindered you in your ability to achieve your goals
- Reminding you of your goals as time passes by

Directions:

1. Grab a blank piece of paper and write down 3 short-term goals you are working on this semester and 3 long-term goals.
2. Then, write a letter to your future self. Where will you be by the end of this course? By the end of this semester? What do you want to stay motivated on?
3. Put the letter in a safe place and do not open it until the end of the semester.
4. At the end of the semester, read your letter and reflect on the questions below.

Things to Think About:

- Did you achieve your short term goals? What either helped or hindered you in that process?
- How is your progress towards reaching your long term goals?
- What motivated you in this process? What minimized your motivation?
- Who can you connect with to help motivate you towards reaching your goals in the future?

If you would like to talk to someone about this activity or need additional resources, **Career Services** is available to all students! Check out our website to make an appointment or to see upcoming events and workshops: <http://www.careers.vcu.edu>