

# THE CAREER DEVELOPMENT CENTER AT SAMFORD UNIVERSITY GUIDE TO SETTING GOALS

“I press toward the mark for the prize of the high calling of God in Christ Jesus.”  
- Philippians 3:14

“Trust in the Lord with all thine heart...In all thy ways acknowledge Him, and He shall  
direct thy path.”  
- Proverbs 3:5 & 6

As you move along the path toward your goal, ask yourself these questions:

## **I. Where am I going?**

It is important to set specific goals and then write them down. It is more beneficial and less confusing to work toward goals that are definite and exact.

## **II. Am I really getting somewhere?**

Goals should be action-oriented. If it can not be measured, it is not a goal; it is an activity. It's rewarding to be able to chart and mark your progress along the way.

## **III. Can I get to where I want to be?**

Goals should be broken down into steps with short term objectives. Set goals based on your motivations, values, skills, interests, abilities and strengths. CDC assessments that can help you identify and match the preceding: the Self-Directed Search, Do What You Are (Myers-Briggs), and FOCUS II.

## **IV. Is where I am going important to me?**

You can only set goals for yourself. Your goals need to fit your needs and abilities.

## **V. How will I know when I get there?**

Set a realistic time frame. It is important to have target dates. Do your best to stick to them.

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