

Combat To College Goal Setting

Date_____

Veteran Name_____

Coaches Name_____

Educational Institution_____

Degree Sought_____

Type of Goal: (Academic, Social, Emotional, Physical)

Goal:

Reality Points:

- _____
- _____
- _____
- _____

Options:

1. _____
2. _____
3. _____

Way Forward:

How will the success of this goal be measured?

1. _____

2. _____

When will this goal be re-evaluated? _____

We agree on and certify this goal:

Student Veteran

Coach

Re-evaluation of Goal

Date _____

Goal was achieved

Goal was **not** achieved

How do you know? _____

Potential Goal Examples:

Social:

Join and play in a softball league

Participate in a local veteran organization

Find a club at your school to get involved with

Emotional:

Do weekly group therapy

Meditate each morning for ten minutes

Take a walk every time I get upset

Academic:

Get on the Dean's List

Join an honor society

Go to a tutor once a week

Physical:

Run a 5k

Lose 10 pounds this semester

Work out 4 days a week

Created by

John H Davis

US Army Ret.

Author of *Combat To College*

M. Ed Harvard Graduate School of Education

Email: John.h.davis.writer@gmail.com

IG/Facebook: John.h.davis.writer

Website: www.JohnHDaviswriter.com

Anyone can use this for any reason, good luck. Contact me for comments, assistance, or questions. Any editing, improvements, ideas, or changes for the better I'd love to see. I'm terrible at making worksheets so anyone wants to improve those, you have my blessing and appreciation. Thank you.