Activity 13.2 - Your holistic set of immediate, personal objectives

Write one well-formed outcome that you want to experience within the next three months under each of these headings:

Academic

Career

Social

Health

Family

Spiritual

Re-read your objectives carefully to check that each one meets all four criteria of well-formed outcomes in Box 13.2. Keep this statement of your well-formed outcomes prominently visible so that you see them regularly, reminding you of the activities that you want to engage in each day to fulfil yourself as a proactive person. You can update these at appropriate times, and use the process to establish longerterm objectives, producing a set of well-formed outcomes for each academic year and a further set for your full university journey.