

Goal Setting

(1) Write down 5-7 things you would like to be able to do in when talking with another person.

(2) Compare what you wrote down in Question 1 with the Can-Do Statements in the checklist for Interpersonal Communication given to you by your instructor. Check-off everything you are able to do now. Then, pick what you would like to be able to do in the future based on your goals above. Select three Can-Do statements you will work on in the next month, next three months, and one year.

In one month, I will be able to...	
In three months, I will be able to...	
In one year, I will be able to...	

(3) Compare your goals with that of a classmate. How are they similar? How are they different? What is one thing you can do together to help reach these goals?