

# Personal Listening Goals

## GOAL SETTING WORKSHEET

Name: \_\_\_\_\_

Semester / Year: \_\_\_\_\_

Today's Date: \_\_\_\_\_

**Assignment:** Using your handouts, what you have learned about “listening” thus far, and what you know about your own learning strengths and weaknesses, write down specific learning and/or performance related goals you wish to accomplish this semester. Make these goals in areas which you think could be impacted by developing your auditory processing skills in this class. Use the areas shown in the diagram on the previous page as a guide, and **write at least two goals for yourself**. *Using the example below follow the guide below to create a goal relating to an area you would like to improve. Tell what you may be doing, in addition to this class, to support yourself in achieving your goals. Remember to review the 8 goal setting points we discussed and keep them in mind when making your goals.*

**Here is an example:**

**AREA:** EXPRESSIVE & RECEPTIVE COMMUNICATION SKILLS

**MORE SPECIFICALLY:** speech

**GOAL #1:** I will learn and practice to speak more slowly and clearly as a result of improving my ability to listen to the details of sounds.

**To Be Achieved By:** \_\_\_\_\_  
(Date)

**Purpose: (How will it change your life? Why do you want it?)**

When I speak slowly and clearly, people understand me better and seem to want to spend time talking with me. I feel this will help me to be able to speak up more in my classes. I want to be easily understood by others and be a good communicator.

**Things I am doing to work towards my goal in addition to this class:**

- I will practice reading out loud from magazines at home 2 x each week.
- I am taking the Lindamood class for 2 hours each week to improve my reading and speaking skills.
- I am making positive statements (affirmations) to myself daily to help me feel more confident about my speech.

**Write your goals here:**

**AREA:**

**MORE SPECIFICALLY:**

**GOAL #1:**

**To Be Achieved By:** \_\_\_\_\_  
(Date)

**Purpose: (How will it change your life? Why do you want it?)**

**Things I am doing to work towards my goal in addition to this class:**

a.

b.

c.

**AREA:**

**MORE SPECIFICALLY:**

**GOAL #2:**

**To Be Achieved By:** \_\_\_\_\_  
(Date)

**Purpose: (How will it change your life? Why do you want it?)**

**Things I am doing to work towards my goal in addition to this class:**

a.

b.

c.

# AREAS YOU MIGHT SET A GOAL IN

With a Few Examples of Subskills

