

MCI Institute Goal-Setting 2026

You've already taken an important step in your learning journey.
Use this template to reflect on what matters most and set your goals
for the year ahead.

Academic Goal
<i>What do you want to achieve in your studies?</i>
My academic goal:
Why this matters to me:
One action I will take this month:

Personal Development Goal
<i>What personal skill or habit do you want to improve?</i>
My personal development goal:
How this will help me at work or study:
One small step I can start this week:

Stretch Goal for 2026
<i>A bold goal that challenges you and excites you.</i>
My stretch goal for 2026:
Why this goal feels like a stretch:
What support or learning I might need:

Commitment
<i>I commit to taking action and reviewing these goals during my course.</i>
Student name:
Date:

Remember: *goals can change, and progress matters more than perfection. Your mentors are here to support you every step of the way.*