

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.*