

# **FUTURE ASSESSMENT**

Marine Name:	Date:
Counselor Name:	

<b>Goal Setting (Any areas marked as “No” are opportunities for mentorship)</b>	<b>Y or N</b>
Do you have written long-range career goals?	
Do you have written long-range financial goals?	
Do you have written long-range goals for your relationships (family and friends)?	
Do you have written long-range fitness goals?	
Do you have clearly defined career, fitness, financial, and family goals for this year?	
Are your goals specific, measurable, attainable, relevant, and time limited (SMART)?	
Are your goals mutually supportive?	
Have you discussed your goals with your supervisor/mentor?	
Have you discussed your goals with family and friends and do you have their support?	
Do you plan out and write out action steps for each week to make progress on all your goals?	
Do you feel your time in the Marine Corps is helping you to accomplish your personal goals?	
Do you review your long-range goals monthly and your annual goals weekly?	
<b>Time Management</b>	<b>Y or N</b>
Do you maintain a daily planner or leader’s logbook?	
Do you keep track of all appointments and key events in your planner/logbook?	
Do you plan your week in advance and schedule action steps for each of your goals?	
Do you plan each day the night prior?	
Do you accomplish your planned goals each day?	
Do you ever miss appointments or are you ever late for appointments or events?	
Do you PT consistently, save money consistently, study consistently and still have enough personal free-time?	
Do you remember important dates such as anniversaries, birthdays, holidays, etc?	
Do you ever feel yourself over burdened with tasks or like you are always putting out fires?	
<b>Self Assessment</b>	<b>Y or N</b>
Do you review each week at the end of the week to see how well you accomplished your action items?	
Do you identify areas for improvement each week and make appropriate adjustments?	
Do you discuss with your supervisor barriers that you feel are hindering your progress?	
Do you identify scheduling conflicts well in advance and find ways to resolve the conflicts?	
Are you improving upon your ability to estimate how long it takes to get things done?	
Do you procrastinate, and if so, have you found ways to overcome your procrastination?	
Do you feel in control of your life, or do you feel out of control?	
Do you have balanced success in all areas of your life, and does the future look great?	