

Goal Setting

These DO NOT all have to be school-related

When writing down your goal, be sure it is SMART:

- Specific
- Measurable
- Action-oriented
- Reasonable
- Timely

What does each phrase ***mean to you?***

- Specific -
- Measurable -
- Action-oriented -
- Reasonable -
- Timely-

Why do you think setting goals is important?

*Some goals are short-term, others are long-term. This activity is focused more on shorter-term goals (6 months to 1 year).

What are some of your long-term goals for your life in 5, 10, or 20 years?

Goal #1

What do you want to accomplish?

By what date do you want to accomplish this goal?

What steps will you take to accomplish this goal?

- a.
- b.
- c.
- d.

How will accomplishing this goal help you in the future? What obstacles might you encounter when attempting to reach this goal? How will you overcome these obstacles?

Goal #2

1. What do you want to accomplish?
2. By what date do you want to accomplish this goal?
3. What steps will you take to accomplish this goal?
 - a.
 - b.
 - c.
4. How will accomplishing this goal help you in the future? What obstacles might you encounter when attempting to reach this goal? How will you overcome these obstacles?

Goal #3

1. What do you want to accomplish?
2. By what date do you want to accomplish this goal?
3. What steps will you take to accomplish this goal?
 - a.
 - b.
 - c.
4. How will accomplishing this goal help you in the future? What obstacles might you encounter when attempting to reach this goal? How will you overcome these obstacles?