Setting Goals!

A common trait of happy successful people is that they think about their future and **set goals**. Setting goals isn't difficult, but there are some guidelines that can help you set goals and make sure you achieve them.

Today we will practice setting a few goals and learn good techniques to achieve them.

One way to help you to set achievable is by making them S.M.A.R.T.

Examples:

S – **Specific**: "Do well in Math" ☒   "Get 80% in Math" ☑
M – **Measurable**: "Get healthy" ☒   "Exercise for 30 minutes twice a week" ☑
A – **Achievable**: "Bank $500,000 a month" ☒   "Bank 10% of what I earn this year" ☑
R – **Realistic**: "Become a rock star" ☒   "Learn how to play the guitar" ☑
T – **Timely**: "Finish Halloween costume" ☒   "Finish Costume by October 15" ☑

Practice Using S.M.A.R.T.?

S – **Specific:** "Do well in Math" ☒ BAD   "Get 80% in Math" ☑ Good

M – **Measurable:** "Get healthy" ☒ BAD   "Exercise for 30 minutes twice a week" ☑ Good

A – **Achievable:** "Bank $500,000 a month" ☒ BAD   "Bank 10% of what I earn this year" ☑ Good

R – **Realistic**: "Become a rock star" ☒ BAD   "Learn how to play the guitar" ☑ Good

T – **Timely:** "Finish Halloween costume" ☒ BAD   "Finish Costume by October 15" ☑ Good

*Review the following goals and **change them** into **S.M.A.R.T** goals using the guidelines above:*

"Do well in school"   →   _____

"Get a job"   →   _____

"Workout more"   →   _____

"Save enough for university"   →   _____

"Finish university application"   →   _____

"Win an Oscar Award"   →   _____

Goal Tasks: How will you achieve your goal?

"Get 80% in Math" ☑   Action: Find a math tutor.
"Exercise for 30 minutes twice a week" ☑   Action: Get a gym membership.
"Bank 10% of what I earn this year" ☑   Action: Spend less money on clothes.
"Learn how to play the guitar" ☑   Action: Practice for 30 min. a day.
"Finish Costume by October 15" ☑   Action: Spend 1 hour on the costume 3x / week.

*Review the following goals and **write down specific tasks** for them using the guidelines above:*

"Find a part-time job for the summer"   Action: _____

"Volunteer 3 hours a week"   Action: _____

"Save at least $1000 by September"   Action: _____

"Read at least 3 books per month"   Action: _____

"Bike to school every day"   Action: _____

Goal Setting For YOU!

One more thing. Besides being "S.M.A.R.T.", goals should have one more **very important** ingredient:

> They have to be **Valuable to you** and/or others.

What are some of **your** goals? Come up with some goals related to the following categories **that you might actually do**! Make sure they are:
Specific, measurable, achievable, realistic, timely.
if you are having trouble thinking good goals….remember just think: "**What do I want** that is important to me?"

Academic goal:

Health goal:

Financial goal:

Personal goal:

Small goal for **this** week:

Classroom Public Goal:

In the space below write down a **S.M.A.R.T.** goal that **you don't mind sharing with the class** and you think you can get done by Christmas break. The plan is to collect them, write them down on a sheet, post them up in the class and see if we can get them done. Remember: make sure it is important/meaning for YOU!

Pick **any one** of the goals from you've come up with in during today's class and answer the following questions related to that goal:

1. What is your goal?

2. Why is this goal important to you?

3. What are the first two steps you can take to reach your goal?

4. Write down any potential obstacles you might run into:

5. Come up with possible ways to overcome these obstacles.

6. What is the deadline for your goal?

Reflection. Why Set Goals?

It is important to note that goal setting isn't always about **achieving** things. When you set goals and work towards them you usually will experience:

- **Growth.**
- **Learning.**
- **Taking chances (trying new stuff).**
- **Planning.**

These are all great things to experience even if you don't achieve your goal!

Please reflect on goal setting by answering the following questions:

1. Do you think goal setting is a **valuable habit**? Why or why not?

2. Can you think of any specific goals (before today) that you set for yourself and were able to achieve? (write down at least one example).

3. What do you think is the most important thing you should consider when you are setting a goal for yourself?

4. Come up with a "SMART" goal for your **family** that might benefit your family

5. Come up with a "SMART" goal for our **school** that might benefit our school community.