

GOAL SETTING

The Foundation of Success

One of the most important aspects of success is the ability to define and achieve goals. Goals are important in academics, personal affairs, and in leadership. Apply goal setting to all areas of your life!

Why is goal setting important?

- ❖ They provide a sense of direction.
- ❖ They motivate us.
- ❖ They help us visualize what's important, plan actions to achieve the goals, & carry them out.
- ❖ They help us make decisions.
- ❖ They make us responsible for our own lives & make our group responsible for its own successes or failures.
- ❖ They make us feel committed.
- ❖ They force us to set priorities.
- ❖ They make us feel good about ourselves & what we can do.

To keep motivated, you must know **WHERE** you're headed and **WHY** you're doing what you're doing!

Goals can be PERSONAL or PROFESSIONAL.

Goals can be LONG-TERM or SHORT-TERM.

Goals should be SMAC:

Specific, **M**easurable, **A**chievable, **C**hallenging

Goal Setting Exercise:

What is the single biggest thing that you would like to achieve during this school year? This shouldn't be something that you can easily accomplish in the next few days or weeks. Think big! Challenge yourself! Does the goal get you excited and perhaps a little nervous about the work that it will take to accomplish it? That's what you want! Write your goal in the space below.

Tip: Always write down your goals, tell people about them, have a visible reminder of your goals, and periodically evaluate your progress. These will help you to achieve your goals!