



# GOALS

IT'S BEST TO AVOID STANDING DIRECTLY BETWEEN A COMPETITIVE JERK AND HIS GOALS.

# Setting SMART Goals

A central illustration features a bright yellow sun with a target symbol (a bullseye) in its center. The sun has several short, radiating lines around it. Below the sun, a blue figure reaches up towards it. In the background, several other colorful, stylized figures in purple, pink, green, red, and blue are also reaching up, suggesting a group of people striving for a common goal.

If goals aren't reachable, they aren't worth making. All you have to do to set realistic goals is follow the SMART goals guidelines.

# Creating SMART goals



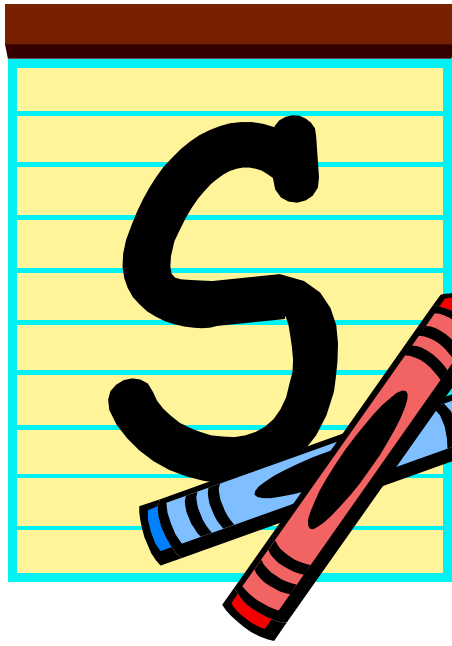
**S**pecific

**M**easurable

**A**ttainable

**R**ealistic

**T**imely (and **T**angible)



# SPECIFIC

A **specific** goal has a much greater chance of being accomplished than a general goal.



- What details do you want to accomplish?
- “I want to do better in history”



- “I want to increase my history grade from an 85% to a 90%.”

# Creating **specific** goals

To set a specific goal you must answer the six "W" questions:

**Who:** Who is involved?

**What:** What do I want to accomplish?

**Where:** Identify a location. (Science Lab)

**When:** Establish a time frame. (For second semester)

**Which:** Identify requirements and constraints.

**Why:** Specific reasons, purpose or benefits of accomplishing the goal. (To help our students become prepared for the common core state standards, help them become college and career ready, and prepare them for state and national testing.)



# MEASURABLE

- All goals should have a way to evaluate whether or not they were accomplished.



- “I want to run the mile better.”



- “I want to improve my mile time by 30 seconds.”

# Creating measurable goals

Establish concrete criteria for measuring progress toward the attainment of each goal you set.

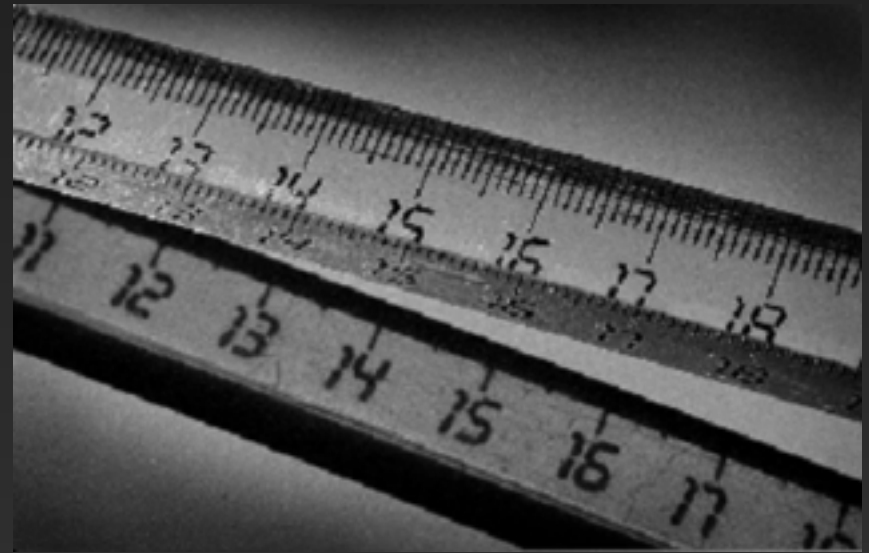
When you measure your progress, you **stay on track**, reach your **target** dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.



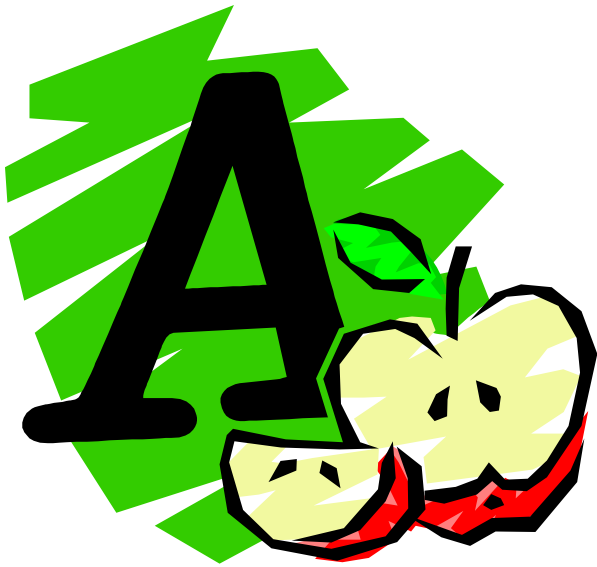
# Creating measurable goals

To determine if your goal is measurable, ask questions such as:

- How much?
- How many?
- How will I know when it is accomplished?







# ATTAINABLE

- Goals must be something you are capable of reaching.

Which one would be a better goal for Tom Brady?



“I will help my team to win the 2009 Super Bowl”



“I will rehabilitate my knee so that I can play football again next season.”

# Creating **attainable** goals

**When you identify goals that are most important to you, you begin to figure out ways you can make them come true.**

You **develop** the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to **bring yourself closer** to the **achievement** of your goals.

# Creating attainable goals

You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps.

Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them.



# RELEVANT

- Make goals that are important to you and your lifestyle.

Which goal is better for a teacher?



- “My goal is to discover a cure for cancer”



- “My goal is to inspire at least one student to become a doctor to research a cure for cancer”

# Creating **realistic** goals

**To be realistic, a goal must represent an objective toward which you are both *willing* and *able to work*.**

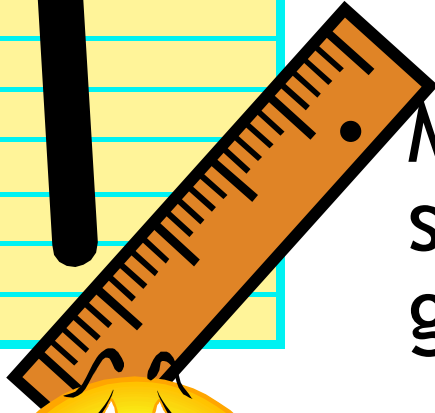
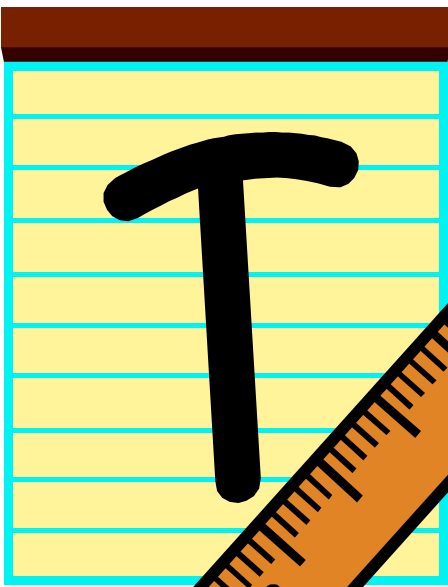
**A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever accomplished actually seem easy simply because they were a labor of love.**

# Creating **realistic** goals

To determine if your goal is realistic, ask questions such as:

- Do I **truly believe** that it can be accomplished?
- Have I accomplished anything **similar** in the past?
- Can I **identify the conditions** that would have to exist to accomplish this goal?

# TIME - BOUND



Make sure that you have a time set as a “dead line” so your goal is not unending.



- “My goal is to be able to run a half marathon.”



- My goal is to run in a half marathon by May of 2009.



# Creating **timely** goals

**A goal should be grounded within a time frame. With no time frame tied to it, there is no sense of urgency.**

When do you want to accomplish your goal? “Someday” won't work. But if you anchor it within a timeframe (“by May 1<sup>st</sup>”), then you have already set your unconscious mind into motion to begin working on the goal.

# T

can also stand for

## Tangible

A goal is tangible when **you can experience it** with one of the senses, that is, taste, touch, smell, sight or hearing.

When your goal is **tangible** you have a better chance of making it **specific** and **measurable** and thus **attainable**.

# Creating SMART goals



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# Final tips to Goal Setting:



• Write down your goals and look at them often!

- If you achieved your goals too easily, make your next goals harder.
- Failure to meet goals only matters if you don't learn something from your mistakes.
- Goal setting is an important method of:
  - Deciding what's important for you to achieve.
  - Motivating yourself.
  - Building self-confidence.

