Today’s topics:

• Learn how to set goals effectively.
• Set at least one effective goal for yourself.
Keys to goal setting.....
BEGIN with the END in mind

Teachers, add any visual or statement you feel is helpful

(I used a college basketball coach and the goal he set of winning the national championship)
Goals set should be **SMART**:

- **Specific**
- **Measurable**
- **Attainable**
- **Realistic**
- **Time Bound**

Usually involves a number and has a deadline.
Goals should be **SPECIFIC & MEASURABLE** (ex 1)

• Instead of ..........

  “Do better in school”

• Try ............
Goals should be **SPECIFIC & MEASURABLE** (ex 2)

- Instead of ...........
  
  "Eat better"

- Try ............
Goals should be ATTAINABLE & REALISTIC

• Instead of ..........

“Stop drinking soda forever”

• Try ............
Goals should be **TIME BOUND**

• Instead of ...........

  “Be able to do 30 pushups without stopping”

• Try ............
Even if goal is not fully met, progress is usually made. In the process, good habits have been developed so full success may not be far off.
Last things to consider when setting goals:

• Create a visual for your goal.
• Write goals down / tell people