

***ARE YOUR
GOALS
SMART?***



SPECIFIC

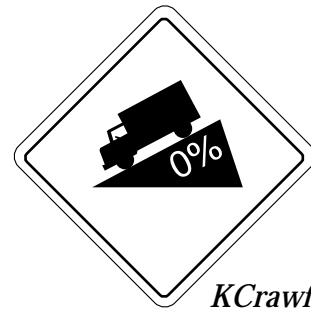
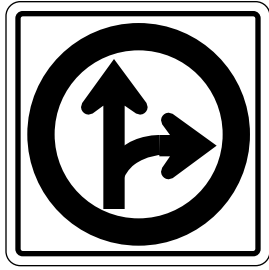
MEASURABLE

ACTION ORIENTED

REALISTIC

TIMELY

A Road Map to Success

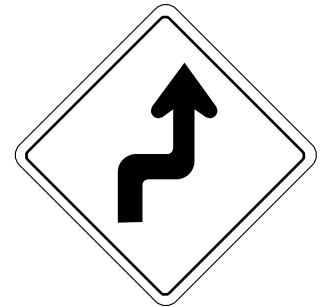


KCrawford 1984

Could you image taking a driving vacation without a map? Think of all of the wasted valuable time that would be spend trying to find your way. The same thing can happen to you if you haven't set some goals.

One of the most important aspects of success is the ability to define and achieve goals.

Goals are specific, realistic reminders of the accomplishments you visualize.



You can set:

- ~ long-range goals (collage, career)
- ~ intermediate goals (this class, this semester, this season)
- ~ short-range goals (this week or today)

(example: Your overall goal might be to be accepted at a certain college; your sub-goals might be to get all As and Bs this semester, get involved in clubs, win a scholarship, and so on...)

Goals are important in academics, student leadership and personal affairs. Apply goal setting to all areas in your life and your group activities. Write down your goals and refer to them often.



- # Benefits of Goal Setting
- Make you aware of your weaknesses so you can begin to improve them and make them into strengths
 - Makes you responsible for your own success or failures
 - Define real life actions -- separates it from just wishful thinking
 - Serve as a guide in making decisions
 - Forces you to set priorities, therefore helping you to limit getting involved in distracting things
 - Make you aware of your own strengths
 - Give you a "track to run on" - a path to follow, so you know where you are going
 - Improve your self-image
 - Help you to visualize and plan actions to achieve what you want -- then carry it out
 - Give you a sense of past victories of goals accomplished and motivation to succeed in current goals



Excuses for Not Setting Goals

Fear of Losing

Many people do not set goals because they are afraid they will be criticized for not reaching them.

Predictability

Many people feel threatened by change and resist goal setting because it may be uncomfortable to try something new or different.

Fear of Winning

Odd as it may seem, some people do not set goals because they cannot image themselves being capable of handling the new behavior or success.

Belief in Miracles

Many people sit back and wait for miracles instead of setting goals and taking action to accomplish them.

Time Constraints

Many people think it takes too much time to set goals...think of the wasted time when you are "out in left field" doing things unrelated to your real purpose!

Conditioning

Many people are conditioned so that after they have done something a certain way, it becomes a habit.

Goal and Action Plan

My Goal:

How I will obtain my goal (action plan):

- 1.
- 2.
- 3.

My Goal is: (check all that apply)

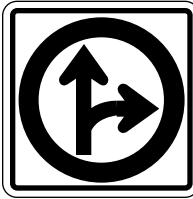
- realistic and attainable
- challenging
- target date for completion
- measurable results
- clear, specific and understandable
- meaningful and desirable
- beneficial
- action plan has at least two methods to help attainment of goal

Comments that support your ✓ of each statement above:

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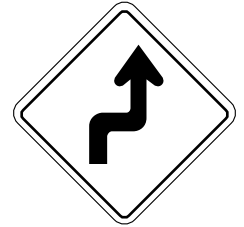
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