



GOAL SETTING PROGRAM

STUDENT PACKET



“THE MOST IMPORTANT THING ABOUT GOALS IS
HAVING ONE.”

GEOFFRY F. ABERT

NAME: _____

WHAT IS A GOAL?

A goal is defined in Webster's dictionary as an "objective...the purpose towards which an endeavor is directed."

Students have definitions of their own:

"A goal is something you set for yourself to become better at something."

"A goal is something you try to achieve by a certain time period."

"A goal is something you work at until you get it."

"A goal is a place or idea of what you want to be."

"A goal is something someone strives to achieve."

"A goal is a dream that you want to pursue."

"A goal is a point to work towards."

"A goal is a personal achievement."



TYPES OF GOALS:

There are four main types of goals: very long-term goals (also known as dream goals), long-term goals, mid-term goals, and short-term goals, all with bunch of baby steps in between!

Very long-term goal (dream goal): A very long-term goal or dream goal is your ultimate hoped-for achievement. It is what you think of when you close your eyes and imagine the best job you could ever have or the best person you could ever be. Your dream goal could be to play in the NBA, to become a teacher, or to graduate college.

Long-term goal: A long-term goal is where you want to be many months or years from now. These goals are steps toward your dream goal, yet they are significant accomplishments on their own. Examples of long-term goals include making the varsity basketball team, getting the lead part in the school play, or graduating from high school.

Mid-term goal: These goals include goals you want to achieve in a few weeks or a month from now. Mid-term goals can be specific, such as getting a B on a math test, passing English, or having perfect school attendance.

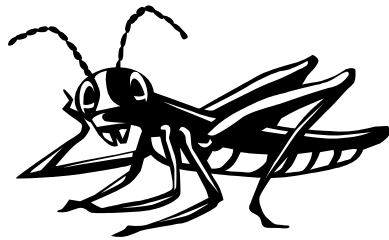
Short-term goal: Short-term goals help motivate you on a daily or weekly basis. They should be specific and easy to measure such as getting at least an 85% on Friday's science quiz, paying better attention in class, or bringing a pencil to class everyday.

WHAT'S THE POINT?

Close your eyes and imagine what the world would be like without goals! Imagine what **you** would be like without goals. Why are goals so important?

- ♣ Goal setting is a great way for you to actively plan for your future.
- ♣ Goal setting will give you something to aim for in life. Remember that dreaming and doing go hand in hand.
- ♣ This is an ideal time for you in setting meaningful goals that will, in turn, perpetuate a healthy cycle of achievement and success.

According to the **GUINNESS BOOK OF RECORDS**, “Record holders are fueled not by financial gain, but by the satisfaction of setting, achieving, and surpassing their goals.” How else would Kevin Cole of New Mexico hold the record for the longest spaghetti strand blown out of his nostril in a single blow at 7.5 inches? Then there is David Kremer of Wisconsin who holds the record for the most bowling balls (10) stacked vertically without aid of glue, tape, etc. Did you know that there is a record for the furthest cricket spit? The greatest distance anyone has ever spat a dead cricket from their mouth is 30 ft. 1.2 in.



HOW CAN WE HELP YOU SET, ACHIEVE, AND SURPASS YOUR GOALS?

This is what I think:

1. Help you identify your **strengths** and **challenges** as a student, person, friend or peer.
2. Help you identify the things that you **value**. In other words, you will tell me what is most important to you and keep those things in mind when you are setting goals so that you are more motivated to achieve.
3. Help you set educational and personal **goals** and come up with a **plan** for reaching those goals by identifying very SPECIFIC steps and strategies.
4. Help you tap into ways that will help **motivate** you to achieve the goals you set by identifying who or what will motivate you and by thinking about the factors that might prevent you from being motivated to achieve (the obstacles).

What are some of your strengths?

As a
person? _____

As a
student? _____

As a
peer/friend? _____

What are some of your challenges?





WHAT IS IMPORTANT TO YOU? WHAT DO YOU VALUE MOST?

Review the list of values below. Check off the values that are most important to you. Add any of your other **values** to the list in the blank spaces provided at the bottom.

- Doing well in school
- Making money
- Being healthy
- Spending time with family
- Spending time with friends
- Learning new things
- Having fun, playing games, having hobbies
- Being creative (playing music, doing art, experimenting, etc.)
- Spending time at home
- Exercising/playing sports
- Enjoying entertainment (watching movie, reading books, etc.)
- Being happy
- Having time to yourself
- Talking with others/socializing
- Being successful
- Working hard
- _____
- _____

Source: The above content is adapted from the online PLS course *Stress Reduction and Personal Renewal*. *Copyright 2001 Performance Learning Systems, Inc. and International Learning Center, Inc. All rights reserved.



START THINKING ABOUT SOME OF THE GOALS THAT YOU WOULD LIKE TO ACHIEVE. THEY CAN BE RELATED TO SCHOOL, FRIENDS, HOME, SPORTS, OR CAREERS. IT'S YOUR CHOICE...REMEMBER: Goals are based on what you believe to be important or what you value. Write down some goals that are important to you (go back to your values sheet if you need ideas).

GOAL FOR TODAY?

WHAT STEPS (**SPECIFIC STRATEGIES**) WILL YOU TAKE TO REACH THAT GOAL TODAY?

1. _____
2. _____
3. _____

GOAL FOR THIS WEEK?

WHAT STEPS (**SPECIFIC STRATEGIES**) WILL YOU TAKE TO REACH THAT GOAL THIS WEEK?

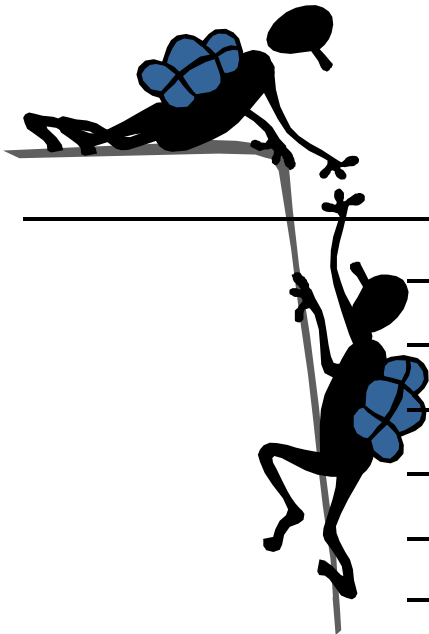
1. _____
2. _____
3. _____

GOAL FOR THIS YEAR?

WHAT STEPS (**SPECIFIC STRATEGIES**) WILL YOU TAKE TO REACH THAT GOAL YEAR?

1. _____
2. _____
3. _____

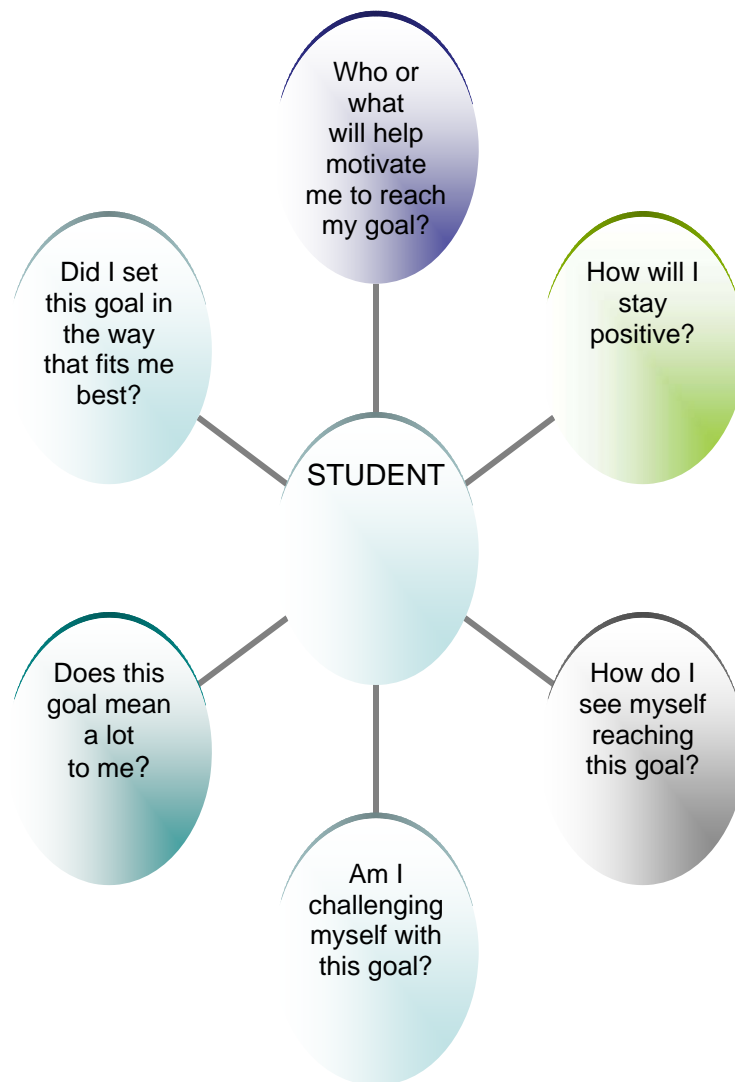
Who or what will **MOTIVATE** you to achieve your goals? Who or what is going to help you, remind you, and help encourage you to reach the goals that you have set?



Write about it **OR** draw a picture!

What are some of the **obstacles** you may face when trying to reach your goals?

The illustration below is a way for you to evaluate your goals. If you set goals that fit your personal needs, that are valuable, and that are challenging, you are on the right track for staying motivated. Think about who or what will help motivate you to reach your goals and think about what your attitude will be when faced with obstacles. This is your life; it's about what **YOU** make of it. Why not make it something **GREAT**?



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