



Ready, Set, GOAL !



The Power of Effective Goal-Setting

Part 1 of a 2-part Online Series

Understanding the Difference Between a Wish and a Goal

1) Why is goal setting important?

- It's a _____ of where you want to go.
- A goal helps you _____ how you will use your time and your resources.
- A goal can make the difference between _____ and _____.
- Goals help you decide what you really want to _____.
- Effective goal setting generates internal _____.

What kinds of things create internal motivation for you? _____

2) Why is goal setting important to **YOU** ?

3) You have to _____ to achieve your goals, which is internal motivation. In order to generate internal motivation, goals will be:

- a) _____ (you know what result is expected)
- b) _____ (many people are motivated by achievement)

- c) _____(people need to do something valuable)
- d) _____(less commitment = less success)
- e) open to _____feedback (check progress and adjust)
- f) _____(if overwhelming, easy to rationalize giving up)

3 Key Steps to Effective Goals

1) _____ . What is it you **really** want to achieve?

What techniques can you use to envision your real goal? _____

2) _____ a plan. Without a plan, your goal really is just a wish.

3) _____. We have to make sure the plan covers what we'll need to do to get to the result we want.

Where do you usually get "stuck?" _____

It takes work and effort to go from point number 1 to point number 3. You may need to put on your thinking cap, brainstorm, make decisions, and even adjust your priorities. You'll certainly want to make sure your goals are real goals. Use the following guidelines to help you achieve the goal of setting a great goal!

Developing SMART-ER Goals ~ Let's Look at What's Involved:

Specific (and significant) ~ Do we know _____ what we are aiming for?

Measurable (and meaningful) ~ How will we know when we _____?

Attainable (and agreed or action-oriented) ~ We need to be sure our goals don't result in

_____ or _____.

Relevant (and realistic) ~ How _____ is what we're trying to do?

Time-bound (or trackable) ~ "Work _____ so as to fill the time available for its completion." (Cyril Northcote Parkinson, 1955)

Educational ~ Your goals should result in your _____.

Rewardable 😊 ~ Your goals should warrant a _____ reward – and you should give yourself that reward!

Food for thought: What is an area in which I need to set a goal? _____

What can I do before the next session to take a step closer to setting an effective goal in that area?
