



Goal Setting

Day Dreaming.....

Beginning With the End in Mind



All GOALS start as DREAMS.

- What is something you daydream about?
- Do you believe it is something that could happen if you work at it?
- How can that daydream become reality?
- What specific tasks would have to happen to make it real?



What is a Goal (ambition)?

- Something you hope to accomplish.
- Types of Goals
 - Long- term goals: *a goal that you hope to achieve within a period of months or years.*
 - Short – term goals: *a goal that you plan to accomplish in a short time.*

How to set and achieve a goal:



SMART Goal Setting

- S – Make your goal Specific.
- M – Make your goal Measurable.
- A – Make your goal Attainable.
- R – Make your goal Realistic.
- T – Make your goal Timely.



Things to Remember

- Choose a goal that is challenging for you.
- Choose a goal that you can achieve in the near future or down the road.
- Make sure you clearly define your goal.
- Make an action plan that lists the steps you need to take to reach your goal.
- Identify people who can and are willing to help you reach your goal.
- Check or evaluate your progress.
- After you reach your goal, reward yourself.