

Goal Setting

What are goals? Goals are something that YOU want to achieve over a time period. Each person's goals during life may be completely different to the goals of other people. Goals depend on your own interests, needs and wants.

For example, if a person does not have a driver's licence their goal could be:

To save the money to have driving lesson and get their licence by the end of the year

Why set goals? Goals are something that you want to achieve in the future. You set goals so that you know what you want to achieve, how you are going to achieve them and by when. This allows you to do the things you want to do with your life

Examples of goals that you can set include:

- Study to gain a qualification
- Use a qualifications and skills to get paid employment
- Earn enough money to buy car
- Take up a fitness program to improve your health
- Take up a hobby to meet new people

Remember . . . Goals are

iSMART

Refer to the iSMART poster



Let's start with the study you are about to do and the work that you may be planning to get.

Setting Goals

Step 1 - Clearly state your **long-term goal** (eg 2 years).

What:

By when:

Step 2 - Clearly state your **mid-term goal** (e.g. 6 months).

What:

By when:

Step 3 - List some **short term-goals** (e.g. daily, weekly) to help you achieve the mid-term goal.

What and when:

What and when:

What and when:



Step 4 - Some aspects of lifestyle are listed below. Write what changes you would need to make to improve your chances of successfully achieving your goals.

• Study habits:

• Money:

• Work:

• Family/relationships adjustments:

• Accommodation:

• Leisure time adjustments:

• Exercise:

• Sleep patterns:

• Other:



Steps to achieve your goals

What steps will you need to achieve your goals?

