**Session - Goal Setting - WS 1**

**Goal setting is a powerful process to think about your ideal future. It motivates you and helps in planning plan what you can and how you can achieve your goals. It turns your vision into reality.**

**Read the guidelines to help you. The handout on Goal Setting will also help.**

**SMART Exercise**

1. **Today’s date:**
2. **Goal achievement date:**
3. **Write down your goal in 1-2 sentences:**

(Important: Make sure that your goal is SMART before you proceed to the timeline)

1. **What will you accomplish with your goal? (Specific)**
2. **How will you measure the progress of your goal? Will you have people holding you accountable for your progress? (Measurable)**
3. **Is your goal attainable and do you have the time and resources to achieve it? (Achievable)**
4. **How and why is this goal important to you? (Relevant)**
5. **When will your goal be complete? (Time)**

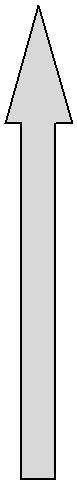
**Suggestions for checking progress and moving in the right track:**

**After you have completed the SMART exercise given, you can create your action plan to form the individual steps needed to reach your goal.**

* **A standard action plan contains three major parts: the task list with completion dates, possible obstacles, and a support network to hold you accountable.**
* **Your task list should comprise at least three parts: the specific task, the expected completion date, and the actual completion date.**
* **Possible obstacles: Think about all the obstacles that may stand in the way of you achieving your goal so you also plan your solutions. List the obstacles and how you will address them.**
* **Support network: When working on your goal, even if you’re trying to be self-sufficient, it’s important to have a friend or family member there to support and listen to your progress. Indicate the person or people that you feel can hold you accountable for your progress on your worksheet. Be sure to share your successes with your network throughout your journey!**

1. Create short term goals on the ladder below to reach your long term goal on the top rung.

Long Term (Dream) Goal!



|  |  |  |  |
| --- | --- | --- | --- |
| *Ladder of* |  | Intermediate Goal |  |
|  |  |  |
| *Success!* |  | Short term Goals |  |

Immediate (Process) Goals

1. List *two* places where you will post your goal so you will see it every day:

A.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. List at least *one* person who you will tell your goal to – who will support you and hold you accountable to your goal:

A.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_