## **REACHING THE YOUTH OF BANGOLAN ASSOCIATION**

## **BY**

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Setting and achieving a SMART life goal as a Christian youth.

Goal setting is an important method for: Deciding what you want to achieve in your **life**. Separating what's important from what's irrelevant, or a distraction. Motivating yourself. Building your self-confidence, based on successful achievement of **goals**.

Many people feel as if they're adrift in the world. They work hard, but they don't seem to get anywhere worthwhile.

## How to Set a Goal

First consider what you want to achieve, and then commit to it. Set SMART (specific, measurables, attainable, relevant and time-bound) goals that motivate you and write them down to make them feel tangible. Then plan the steps you must take to realize your goal, and cross off each one as you work through them.

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality.

The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that can, so easily, lead you astray.

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