Effective Goal Setting

Setting Goals, Reaching Goals, Changing Goals

Objectives

- Explain the relationship between decisions and goals.
- Distinguish between short-term goals and long-term goals.
- Explain how your interests and values are sources of goals.
- Identify three sources of support for reaching a goal

From Decisions to Goals



- Why Are Goals Important?
 Goals make you feel better
 about yourself. Goals build
 self-esteem.
- What Is Self-Esteem? Self-Esteem refers to how you feel about yourself as a person and how much you value yourself.

Types of Goals

Short-Term Goals Short-term goals are tasks that you can accomplish in a short period of time.

Long-Term Goals Long-term goals are tasks that usually take weeks, months, or even years to accomplish.

Having Success with SMART Goals

Making SMART goals helps turn dreams into reality

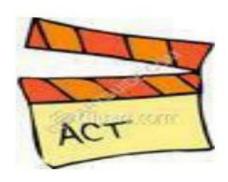
S= Specific

M= Measureable

A= Attainable

R= Reachable

T= Time Bound





Setbacks



 What Is a Setback? A setback is something that goes wrong. But setbacks are also learning opportunities.

 Having Persistence. Persistence is the commitment to keep working toward your goal even when things happen that make you want to quit.

Assessing your Progress

- What Does It Mean to Assess
 Progress? To assess your progress is to measure your short-term achievement towards a long-term goal.
- Progress? Ways to assess your short-term progress include keeping a journal or making a chart.

Changing Goals

Why Should You Change Your

Goals? There can be many reasons to make a change to your goals, including:

- 1. The available resources changed.
- 2. Your interests changed.
- 3. Your original goal was unreasonable.

Have you ever been to an auction?

 Follow Mr. Chambers instructions in the following activity