

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.
- **How Can You Assess Your 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

