

Goal Setting Workshop

Culture & Diversity at App
Academy



Agenda

We will:

- Point of setting goals
- “Good” goals
- Write our goals

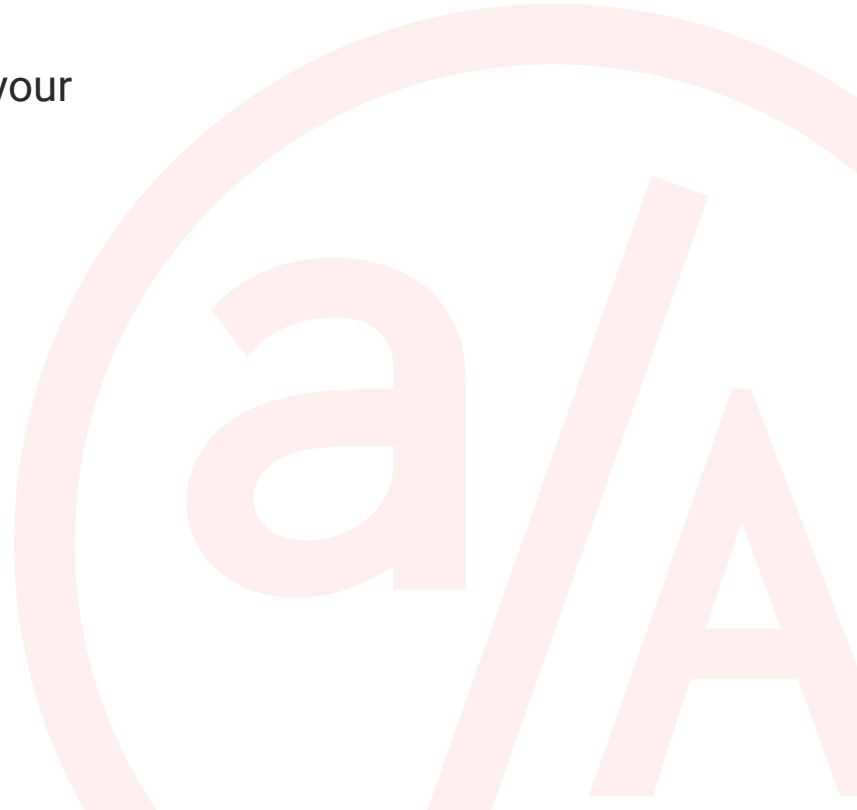
Learning Objectives...

Ground Rules

- Anything personal that is revealed stays in this room (Breakout room or main room)
- Let's use "I" statements
- Be conscious of space you are taking up, some people might be less inclined to share, make sure you are giving them the space
- It's okay to have differing opinions
- Silence is okay
- Close out of slack, phone, social media, email, etc.
- General zoom guidelines...

Why Goal Setting?

Goal setting helps trigger new behaviors, guide your focus and sustain that momentum in life.



“I already have goals, I don’t need to set any.”

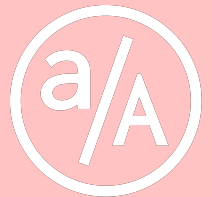
Most of the time these goals look like:

“I want to be _____.”

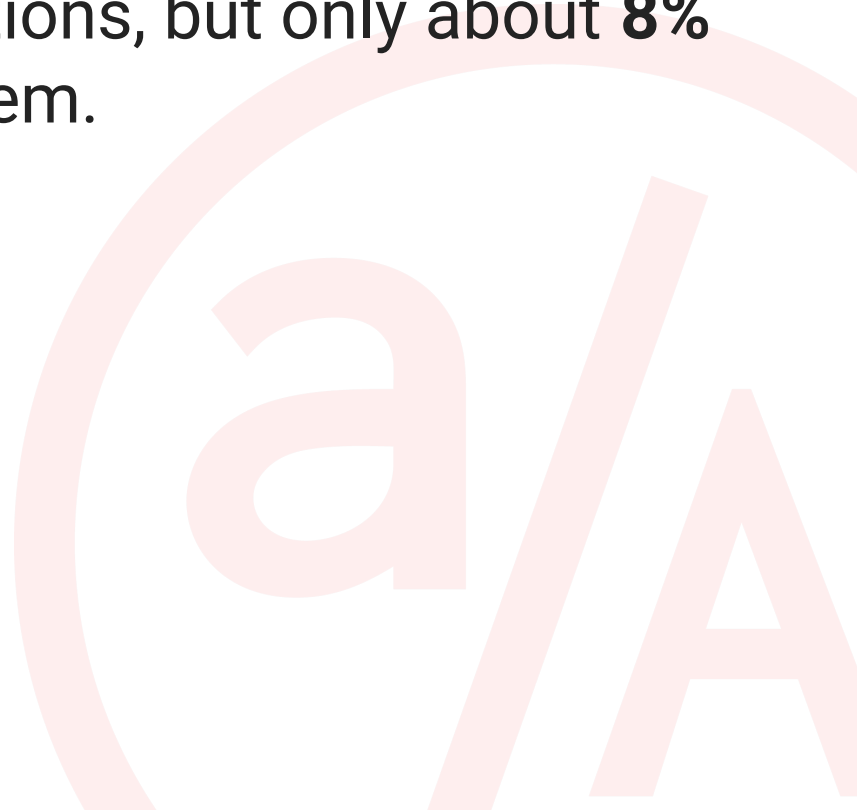
A goal should be like a Beautiful home,
Carefully designed, upgraded regularly,
and worked on constantly.



How important is goal setting?



According to Inc. magazine, researchers say that **60%** of us make New Year's resolutions, but only about **8%** are successful in achieving them.



A Harvard Business study found that there is a direct correlation between goal setting and success. **14%** of the people who have goals are **10 times** more successful than those who do not have goals.

Our mission at App Academy is to ensure that you have all the necessary tools to develop skills that set you apart from the crowd!



How to set goals!

S.M.A.R.T GOALS

Specific

Know what you want to
accomplish



Measurable

Be able to assess your
progress



Attainable

Goals must be within your reach in your present situation.



Relevant

Goals must be parallel to
your purpose.



Time Sensitive

Goals MUST have
deadlines.



Examples

Know what you want to
accomplish



Goal setting

Share with a
pair!

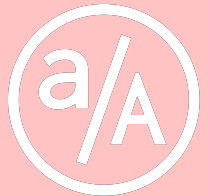
Now that you have your goals...

- Put some time on your calendar to achieve them
- Get an accountability buddy
- Put them on your fridge or computer so that you see them daily
- Use your end of day reports to check in on your progress and let us know how you are doing!

Finally, please **FILL OUT THE SURVEY** that will be emailed to you

Staying On Track

**EVERY
SETBACK
IS A SETUP
FOR A
COMEBACK**





Good luck!

we   **in you**