



INTRODUCTION

Goal-A goal is a desired result that a person plans and commits to achieve.

Goal setting- Goal setting involves the development of an action plan designed to motivate and guide a person or group toward a goal.





**Setting
goals**
first **step** is the
in turning the
invisible into the
visible

– Tony Robbins

Why setting goal ?

- ✓ It gives you long-term vision and short-term motivation .
- ✓ It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the very most of your life.
- ✓ It allows to measure your progress because you always have a fixed endpoint or benchmark to compare with.
- ✓ Goals help you achieve your highest

a goal
without a plan
is just a wish

Types Of Goals

Short Term Goal-

A **short-term goal** is something you want to do in the near future. The near future can mean today, this week, this month, or even this year.

A **short-term goal** is something you want to accomplish soon.

Long Term Goal-

A long term goal is that goal which takes a long time to achieve.

smart goal

Q-What is SMART goal ?

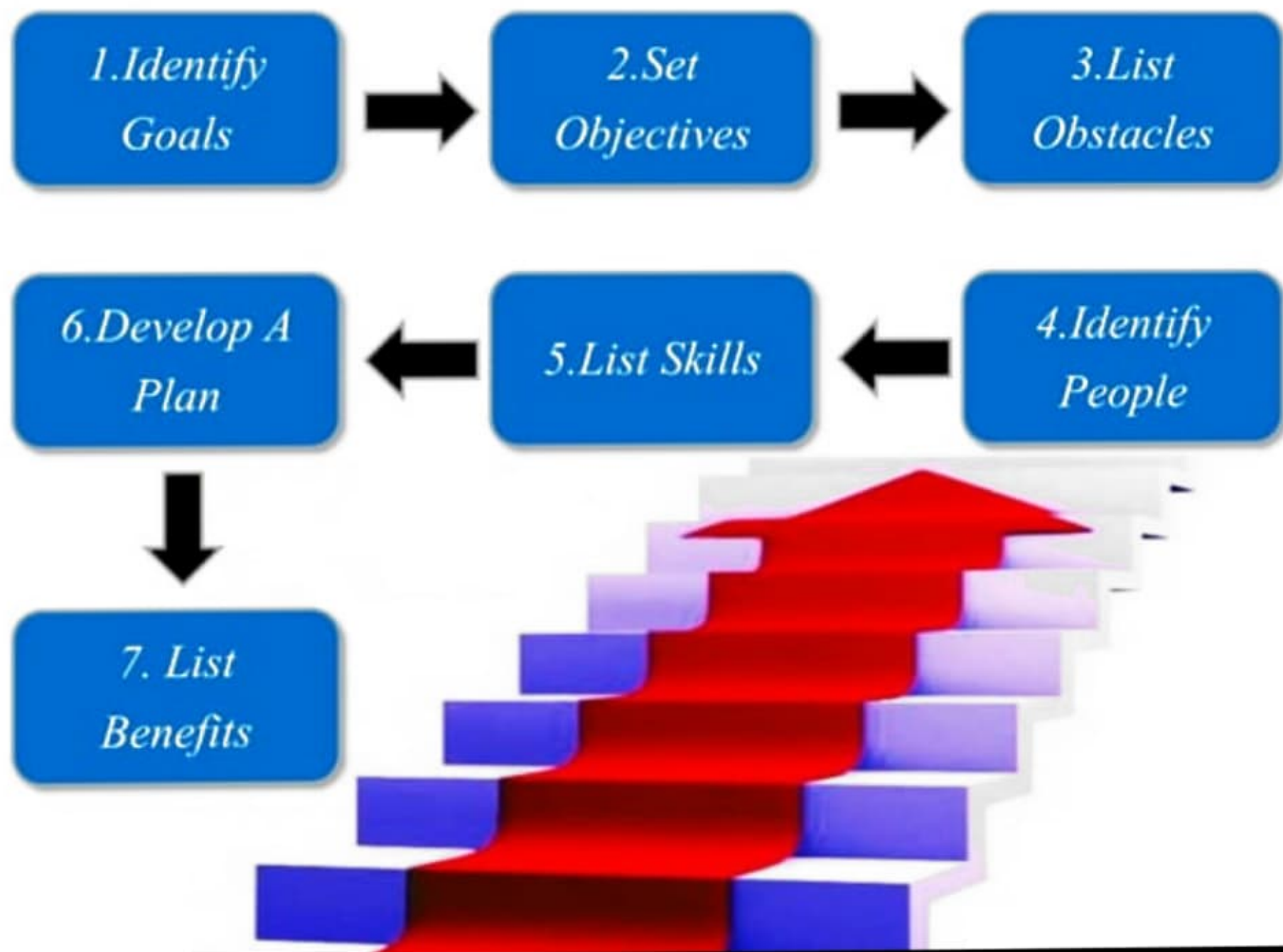
Ans.-





How to Set Goals ?

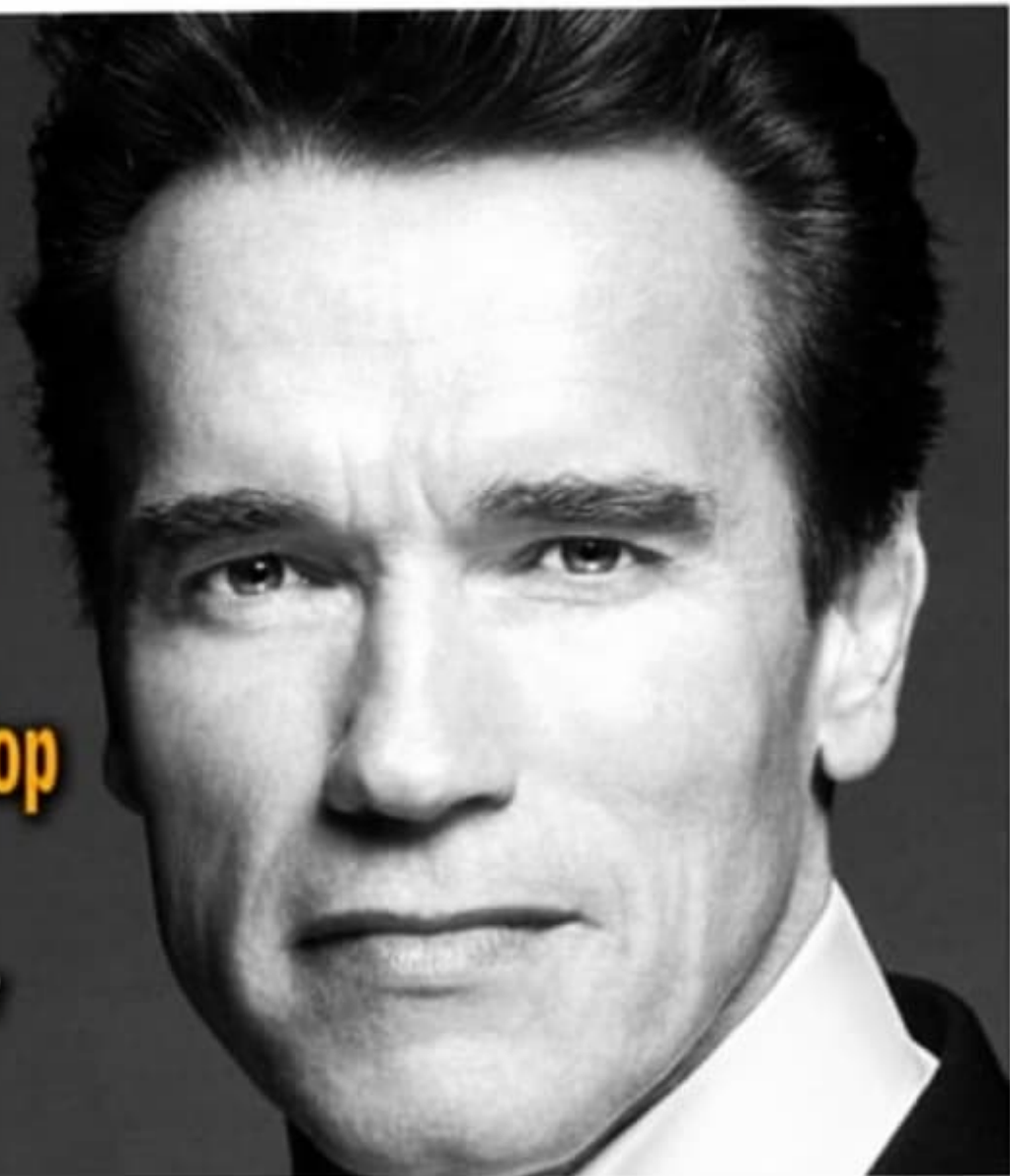
Steps to set goals



INSPIRATIONAL STORY

**"Strength does NOT
come from winning.
Your struggles develop
your strengths."**

~ Arnold Schwarzenegger



INSPIRATIONAL STORY

- He wanted to be the greatest bodybuilder in the world which meant winning the title of Mr. Olympia. He became the youngest ever Mr. Olympia at the age of 23 (he won the title seven times).
- He wanted financial success. He was a millionaire by the age of 30 (this was before Hollywood).
- He wanted to become a successful

conclusion

Goal setting is not just about identifying what you want to achieve but also how you will achieve it (process goals) and measure that achievement .

Beginners require very short term, easily achieved goals to boost their self-confidence whereas the experienced individual need more challenging yet realistic goals.