



what is a goal?



According to Wikipedia, a goal is a desired result or possible outcome that a person envisions, plans and commits to achieve.



why set goals



Goals give you direction. It allows you to stay mentally and physically focused on the road to where you want to go.



types of goals

Short Term Goals

Goals you can achieve in a short period of time.

Long Term Goals

Goals that are more far-reaching because these goals take longer to achieve.

unrealistic goals?

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WHAT MAKES GOALS **unrealistic**



UNTIMELY

Sometimes our goals don't align with the timing in our lives. It can coincide with other issues.



RESOURCES

Maybe we set goals that require too many resources that we are not able to fund or sustain them anymore.



GENERAL

Writing goals that aren't specific cannot help us achieve it because we don't know what we're doing.





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set smart goals



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SPECIFIC

You should know the outcome of your goal

MEASURABLE

You should know when you will have reached your goal

ACHIEVABLE

You should be able to achieve your goals

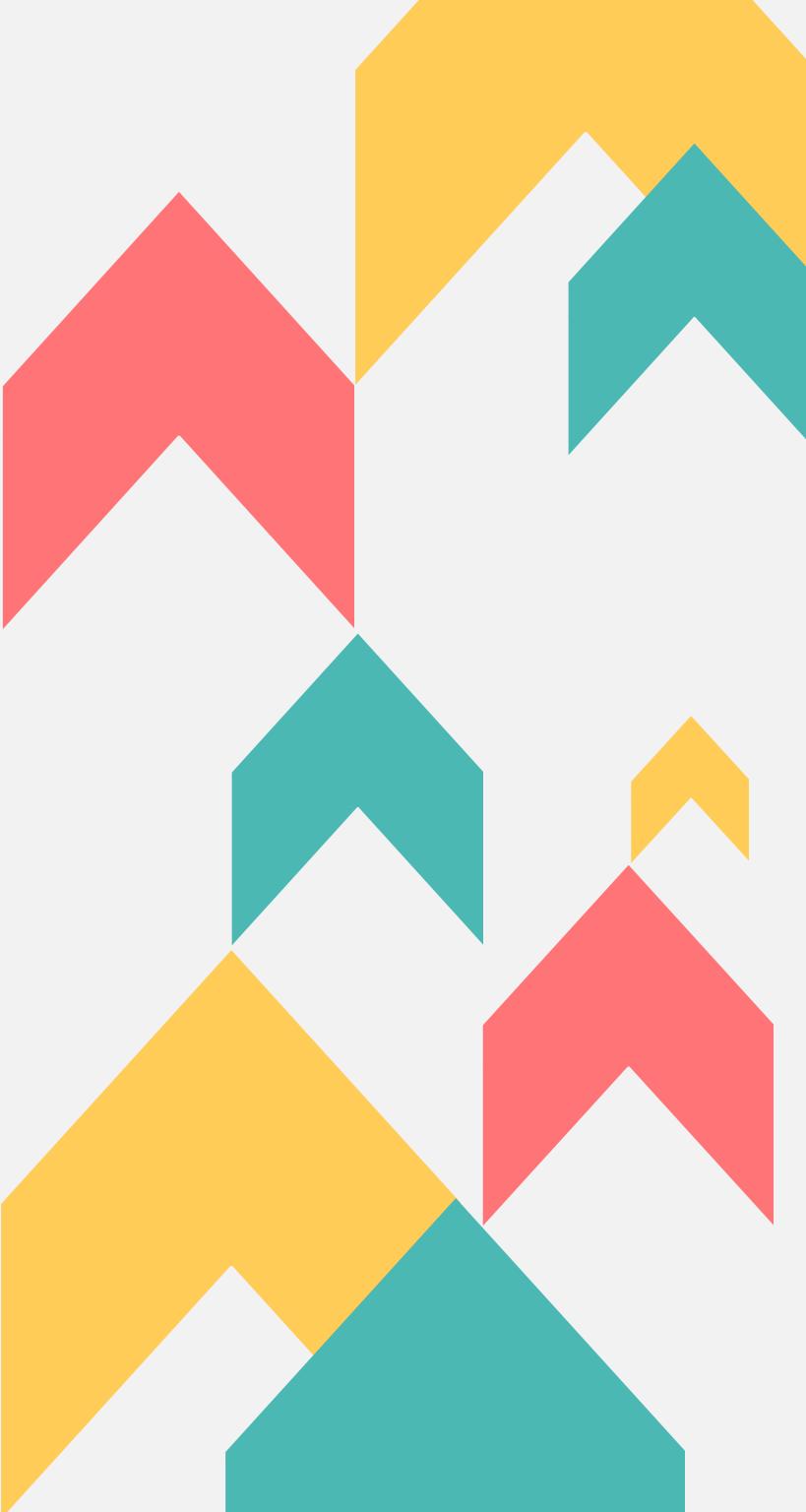
RELEVANT

Will your goal help you in the long run?

TIME-BOUND

Set a time frame for your goals

“
Managing goals can give
returns in all areas of
personal life.



**reach
your
goals**

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