Get Started with Goal Setting

Goal setting is something everyone SHOULD DO and CAN DO

Objective today: Provide a starting point

Mindset

"Choose a job you love and you'll never work a day in your life."

"Hard work pays off"

"Good things come to those who wait"

"Follow your passion not a paycheck"

"Everyone has to start somewhere"

"Follow Your Dreams"

"Choose a job you love and you'll never work a day in your life."

"Hard work pays off"

Good things come to those who wait

"Follow your passion not a paycheck"

EXPLOITATIVE

"Everyone has to start somewhere"

"Follow Your Dreams"

Needs

Non-negotiables

Required for a safe, stable, healthy, and purposeful life

🚩🚩 **SACRIFICING NEEDS IS A RED FLAG** 🚩🚩

Needs

🤑 I need to get paid 🤑

I need health insurance that covers mental health services

I need to be able to prioritize doctor's appointments

I need 8-10 hours of sleep

I need to feel safe

Wants

Our desires & aspirations

Make life more enjoyable, fulfilling, and meaningful

🍨 **Should never be prioritized above needs** 🍨

Wants

🍨 Meaningful relationships
🍨 Autonomy
🍨 Challenging work
🍨 Travel/vacation
🍨 Relocate in the next few years
🍨 A manager who goes to bat for me
🍨 To be part of a community
🍨 Provide others with opportunities I've had
🍨 Learn new things

Core Values

The guiding principles we use to form our foundation and determine if we're on the right path

Core Values

Justice **Autonomy** Stability
Compassion Boldness Fun
Flexibility Creativity **Empathy**
Vulnerability Curiosity Growth
Trust **Authenticity** Balance

Anti-Goals

Envision your worst day

Anti-Goals

I hit snooze 3 times
I got to work only minutes before my first meeting
And my coworkers were bothered by it
My calendar was completely booked
I forgot to pack my lunch so I ate whatever snacks I could find
I was talked over in a meeting
And I didn't feel comfortable discussing this with my teammates or my boss
I stayed late to get something "important" done that probably could have waited until tomorrow
I didn't have a moment where I joked or laughed with a coworker all day
I ran out of the office to make it to another commitment on time
I didn't have time to eat dinner
I was mentally distracted & feeling overwhelmed
I got a headache by the time it was over
I got home at 10pm
I realized I missed a text from a friend needing emotional support
I was too exhausted to take care of myself before going to bed

Anti-Goals

I'm exhausted ➤ I won't take on any commitments that go past 9pm

I don't have time to take care of myself ➤ I won't take on more than 2 extra-curricular work-related activities per week (e.g. volunteering, going to meetups)

I didn't have time for the relationships that matter to me ➤ I won't prioritize work over my personal relationships
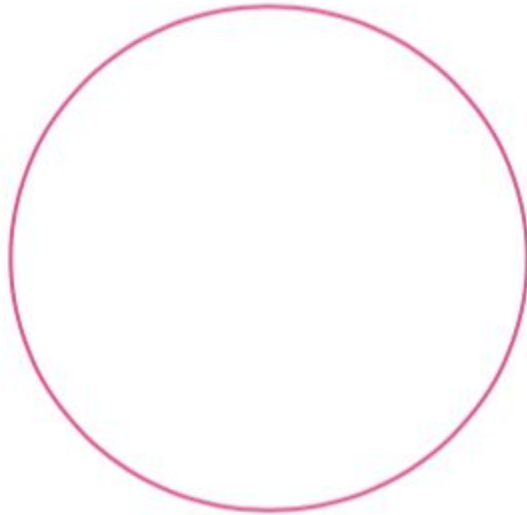
Get Focused

We can't focus on everything

What items are most important? What do we want to focus on today?

Refer back to this when creating and evaluating goals. Do they align with what we've identified here?

Goal Map

Goal Map

risky

audacious

bold

challenging

abstract

BIG GOAL

complex

"impossible"

Goal Map

Be a
Great
Teacher

Goal Map

Know what I'm talking about

Get Practice

Be a Great Teacher

Get Feedback

Learn about teaching/learning

Stay in touch with what it feels like to be a beginner

Identify/Observe Great Teachers

Goal Map

Identify what I DO know well

Seek to Understand the "Why'

Give a technical talk

Volunteer as a teacher

Design and lead an activity or workshop

Research topics I don't understand well

Know what I'm talking about

Get Practice

Facilitate a meeting or ideation session

Create a learning plan

Find an online community

Learn about teaching/learning

Be a Great Teacher

Get Feedback

Research different learning styles

Attend a workshop

Attend a conference

Research tools

Stay in touch with what it feels like to be a beginner

Observe Great Teachers

Identify people I already know who are great teachers

Experiment with a new teaching method

Do assignments and projects along with students

Try learning new things

Find a mentor

Goal Overview

Know what I'm talking about

Identify what I do know well

Seek to understand the "Why"

Research topics I don't understand well

Create a learning plan

🐝🐝 **Identify common themes**

🍇 **Check for low-hanging fruit**

🤝 **Consider dependencies**

Action Plan

Goal: **Regularly research and document topics that I do not understand well**

| Start Date | **9/17/18** | Projected Due Date | **10/31/18** |

Action Plan

Steps	Complete By
✔ Set up a static blog using Jekyll	9/21/18
☐ Set up a Github repo for code samples	9/21/18
☐ Block time on calendar twice a week (at least an hour)	9/21/18
✔ Create a sticky note & log concepts	9/21/18
☐ Identify 1 concept to research (week 1)	9/28/18
☐ Use blocked time for research (week 1)	10/5/18
☐ Create a code example explaining concept (week 1)	10/5/18
☐ Write a blog post explaining the concept (week 1)	10/5/18
☐ Discuss concept with coworker or friend (week 1)	10/5/18
☐ Identify 1 concept to research (week 2)	10/8/18
☐ Use blocked time for research (week 2)	10/12/18

**Try it out
Do what works for you
Re-evaluate**

Worksheets, Slides, and more Resources:

https://github.com/menteaship/knowledge-base