



Setting your Goals

Dreaming vs. Goal Setting: Allow yourself time to dream.....

- Do you have a vision?
- Can you create a picture in your mind of what you want to do academically, personally or professionally?
- Now take those dreams and turn them into goals.
 - ✓ Going from dream to goal requires *intention, action and usually sacrifice*.
 - ✓ "Goals are not following the path of least resistance"
 - ✓ If you want to have a higher success rate: **Always write down your goals and place them somewhere that they can be seen easily.**

Short term Vs. Long term

- Goals always need to be **reachable and measurable**. **SET TARGET DATES.**
- Short term could be goals for the next 6 months or so.
- Evaluate your resources, including your skills.
 - Who can help? What do you need?
- Even if the goal seems insurmountable – can it be broken down into smaller measurable pieces to help you reach your goal?
 - Example: Instead of "Lose 30 pounds, try "lose 5 pounds per month for the next 6 months". Or "Earn \$50.00 per month starting in June vs. save \$500.00 by next March."
- For long terms goals: Try looking down the road at where you want to be or what you want to do and work backwards.
 - What will take to get there? What are the steps?
 - What are the obstacles?
 - Prioritize and write down goals that address these issues.
 - Example: If you want to be a nurse you could have goals like this~
 - Research schools in local area that have RN programs by May 1st.
 - Narrow list to 3 top schools by June 1st.
 - Visit the 3 schools by August 1st.
 - Determine application requirements by Sept. 1st
 - Etc.....

Types of Goals

- Personal
- Professional
- Educational
- Financial
- Spiritual

GOAL SETTING IS HARD WORK
BUT IT IS WORTH THE TIME.

BE INTENTIONAL with your life☺!

What happens if it doesn't work?

- If your goal **hasn't** changed, learn from your setbacks and keep moving forward.
- If your goal **has** changed, time to reevaluate and reset your plan of action.