

MY TOOLKIT FOR GOALSETTING

"STEPS IN GOAL SETTING"

What Do You Really Want?

What is it you want to accomplish? Use as much detail as possible. Some examples may be, to go to college or to go from a "C" to a "B" this marking period. If you have more than one goal, you should prioritize by numbering them (Goal#1, Goal#2, etc.).

Can You Measure It?

Describe how will you know that you are achieving success with your chosen goals. To accomplish this you can use dates and times for deadlines, like those in Mr. Maki's Time-Line Chart. Amounts can be used also like; "This class will raise \$3,000 by the end of April."

Do You Want To Pay The Price?

Are you willing to put the time and effort into what it takes to accomplish your goals? This takes a personal commitment on your part. You need to ask yourself, "Do I want this bad enough?" Your goals should be challenging to you so accomplishment brings the true feeling of success.

Is Your Goal Realistic?

After thinking about what's required to meet your goal, you must consider, "Is it realistic?" You must consider if you have the abilities and resources to accomplish the task. Describe, in detail, the tasks that are required to accomplish your goals. Many small workable tasks are easier than attempting to reach your goal with big complex tasks. Giving yourself enough time to accomplish each task will prove less stressful and result in more successful tasks.