



Goal Setting For Students®

*Life Tools for
School and for Life*

Principles of Goal Setting

- Why Goals Are Important?
- Goal Setting 101
- Four Key Questions to Ask
- Dreams vs. Goals
- Points for Discussion

Why Goals are Important?

Dream + Action Steps + Target Date = Goal

Goals provide direction, a sense of accomplishment and they define your growth and development.

- **Roadmaps** - You would drive to Los Angeles without one?
- **Recipes** – Would you make the Thanksgiving dinner without them?

Why go through life without goals?

**Goals are your roadmap
for a successful education and life.**

Goal Setting 101

Clearly define the challenge facing you.
What issue, problem or desire
are you trying to change or achieve?

Examples of misguided challenge definitions:

Low grade in class – Teachers fault vs. lack of effort on your part?

“I’m Bored!” – Too much TV time vs. joining a club or organization.

Goal Setting 101

- It is very important to write down your Goal, Action Steps and Target Date
- Use the positive, action-oriented words – */ can* and */ will* in your goal statement and with your action steps
- Read your goal every day
- Stretch your abilities

The Four Key Questions

Establish your goals by answering these questions:

1. **Challenge** *Why do I want it?*
Define the desire or challenge facing you.
2. **Goal** *What do I want?*
Write down the goal you want to achieve.
3. **Action Steps** *How will I get it?*
Your specific action plan to reach your goal.
- **Target Dates** *When do I want it?*
The completion date to reach your goal.

Dreams vs. Goals

Goal Setting is like shooting an arrow.

You may want to hit the target, but
if you don't take action – shooting the arrow –
you only have a dream.

***The difference between a
dream and a goal is ACTION.***

Points for Discussion

- What is the difference between a dream and a goal?
- What are the four key questions in goal setting?
- Why is it important to correctly define the challenge you face?
- Why are goals important?



You are a Winner!!

This is *your* life!

Your goals!

Your success!

Goal = Dream + Action Steps + Target Date