

## Goal Setting

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### OBJECTIVES/RATIONALE

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Goal setting provides a method for identifying, planning, and working toward goals to give future direction. The student will understand the process of goal setting and relate it to their future.

TEKS 115.32 (b) 5D, 16A, 16B

TAKS ELA 1, 2, 4

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### KEY POINTS

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- I. A goal is something you aim for that takes planning and work.
- II. Goal setting is a skill.
- III. Types of goals
  - a. Time based
    - i. Immediate
    - ii. To be accomplished within 1 year
    - iii. Short term – 1 – 3 years
    - iv. Long term – 3 – 5 years or over a lifetime
  - b. Subject based
    - i. Education
    - ii. Career
    - iii. Personal
    - iv. Spiritual
    - v. Financial
    - vi. Family related
    - vii. Relationship
- IV. Choosing a goal; goals need to be
  - a. Realistic
  - b. Challenging
  - c. Reflect your personal values
  - d. Work together
  - e. Be described in specific concrete terms
- V. Steps to Goal Setting
  - a. Select one goal to work toward.
  - b. List what you will do to reach this goal.
  - c. Identify others who can help you and support your efforts.
  - d. Give yourself an identified period of time to reach your goal.
  - e. Build in several check points to evaluate how you are doing.
  - f. Give yourself a reward once you have achieved your goal.

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## ACTIVITIES

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1. Complete Stepping Stones: Goal Setting Activities

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## MATERIALS NEEDED

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Stepping Stones: Goal Setting Activities

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## ASSESSMENT

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Successful completion of Stepping Stones: Goal Setting Activities

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## ACCOMMODATIONS

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For reinforcement, the student will make an immediate goal, one to be accomplished with in one week then evaluated the process the end of the week.

For enrichment, the student will make a goal map for their life, making goals for family, relationships, education, career, hobbies, and physical fitness.

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## REFLECTIONS

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## CHECK ATTITUDES AND KNOWLEDGE ABOUT GOAL-SETTING

Check the box in front of questions to which you answer "yes." Circle the box in front of questions to which you answer "no."

- Do you regularly set goals for yourself?
- Do you usually achieve or attain goals that you set for yourself?
- Do you feel comfortable setting challenging goals for yourself?
- Are you willing to risk failure by setting high goals?
- Do you avoid setting goals so high that they are unrealistic or unattainable?
- When you set large goals for yourself, do you break them down into small steps?
- Do you write down your goals and the steps you need to take to reach them?
- When you fail at something, do you try again rather than give up?
- Are there people around you who support your goals and your efforts to achieve them?
- Do you have confidence in your ability to set and achieve long-term goals?

Are you currently working toward any goals? What are they?

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When you think about setting challenging goals for yourself, how do you feel?

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How do you feel about taking risks?

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## LINKING GOALS AND VALUES

To be effective, goals must be compatible with personal values. Look at the examples below, then see if you can think of values that might lead to the other goals listed. There may be many right answers; a variety of values can lead to any specific goal. Compare and discuss your answers with a partner or small group.

**Goal:** Jog 10 miles three times a week

**Values:** Being healthy and physically fit  
Feeling good about my body  
Living a long and healthy life

**Goal:** Purchase my own home in five years

**Values:** Stability and a sense of security for me  
and my family  
Owning my own home  
Financial security

**Goal:** Attend college

**Values:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal:** Move to a safer neighborhood where my kids can attend a good school

**Values:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal:** Get a job with a flexible schedule that works better with my kids' schedule

**Values:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

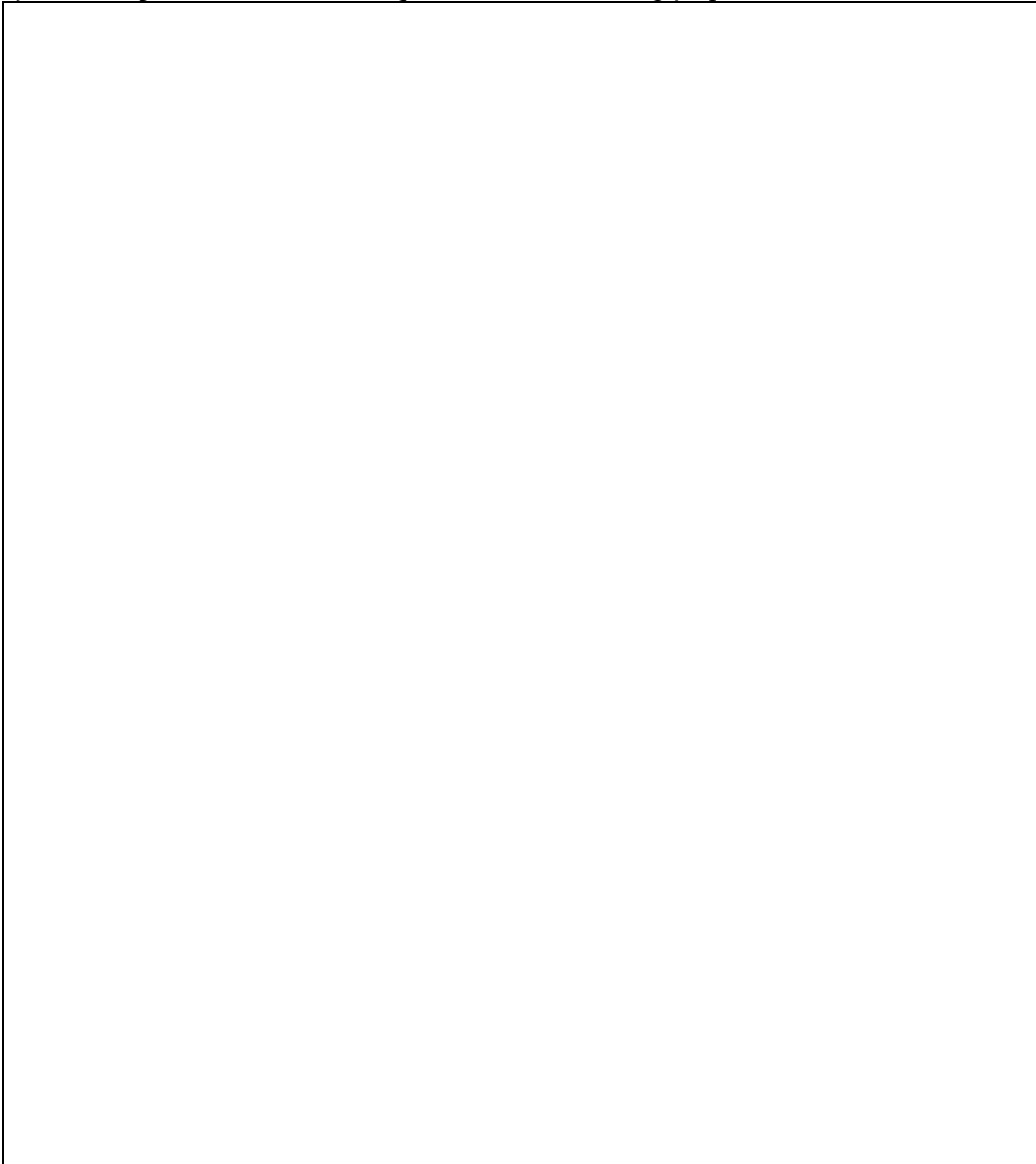






## DREAM COLLAGE

For this activity, you will need a collection of old magazines, scissors, glues, and any other art supplies (construction paper, drawing tools) that you want to use to make a collage. In the space below, make a collage of all the things you want in and for your life. Happiness, wealth, a new stereo, feeling confident, a husband/wife and five kids, to be a firefighter? Let your imagination run wild and include all the things big and small that you dream of having or being. Then use your collage to work out some goals on the following page.



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## TURNING DREAMS INTO GOALS

What's the difference between a dream or a wish and a goal? A dream is something we would like, something that we fantasize about, but not something that we necessarily work for. Some dreams stay just that. It's healthy and appropriate to have some dreams or aspirations that are not realistic, or that we do not intend to make into concrete goals until later in our life. For instance, you might have a dream of becoming a movie star. It's a nice fantasy, but not something that you want to make sacrifices for, or it isn't a career that is compatible with your family life and with other aspirations and goals. Or, you might have a dream of buying an expensive sports car, but not until after you own your own home and get your kids through school. Maybe you dream of finding the perfect man or woman for you, but you don't want to even think about dating until you feel that you are in a better place in your life.



These kinds of dreams enrich our inner life and help us to aspire to find a direction and purpose that is fulfilling. From our dreams we pick goals: those things that are compatible with our values and needs, that we are willing to work for, that we want to make happen. Use your dream collage to begin making some dreams into goals, and leaving others (for the moment at least) as just that, dreams. For the purpose of this activity, a goal is something that you are willing to *start* working on within the next three years. For instance, if you want to own your own home, leave it for now as a dream if the next two to five years of your life will be focused primarily on other things (education and training or career development, family matters, self-development). If you feel you can start taking some sort of action (putting a little money into your “dream house fund,” researching what kind of house you could afford, looking into financing) within the next year or so, put “owning a house” into your goal category.

After you have made your lists, put a check mark or an “x” in front of those goals on which you are ready to take some sort of action on or within the next six months.

**Dreams**

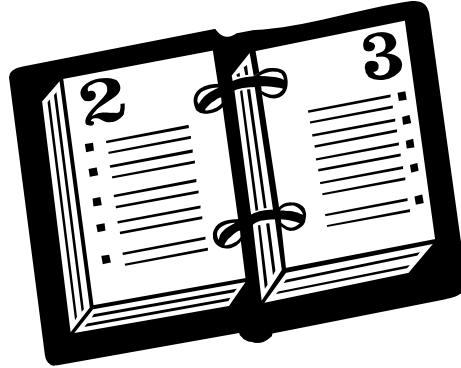
**Goals**

_____	_____
_____	_____
_____	_____
_____	_____



## PERSONAL, EDUCATIONAL, AND EMPLOYMENT GOALS

**Personal Goals**—These are goals for changing the type of person you are. Personal goals may call for a change in your attitudes or values or may be something like becoming more physically fit.



**Educational Goals**—These goals call for achieving certain educational abilities and/or academic credentials (e.g., HSED, Associate degree, Bachelor degree, trade or vocational certificate, etc.).

**Employment Goals**—These are goals relating to your work, job, career, etc. What kind of work do you want to be doing? When? Where? How?

### **One year from now:**

My personal goal is \_\_\_\_\_

\_\_\_\_\_

My educational goal is \_\_\_\_\_

\_\_\_\_\_

My employment goal is \_\_\_\_\_

\_\_\_\_\_

### **Two to three years from now:**

My personal goal is \_\_\_\_\_

\_\_\_\_\_

My educational goal is \_\_\_\_\_

\_\_\_\_\_

My employment goal is \_\_\_\_\_

\_\_\_\_\_

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**Five years from now:**

My personal goal is \_\_\_\_\_

\_\_\_\_\_

My educational goal is \_\_\_\_\_

\_\_\_\_\_

My employment goal is \_\_\_\_\_

\_\_\_\_\_

**Ten years from now:**

My personal goal is \_\_\_\_\_

\_\_\_\_\_

My educational goal is \_\_\_\_\_

\_\_\_\_\_

My employment goal is \_\_\_\_\_

\_\_\_\_\_

**Some additional goals are:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## STEPS TO SETTING GOALS

**Make a list of all the things you think you'd like to do within your lifetime.** This may take several days, but it's worth the time. Don't rule out anything because of age, lack of money or education, or any other barrier. Write down everything you can think of you'd like to do.

From this lifetime list, **choose the things you think you can reasonably accomplish or at least begin within the next five years.**

From your five-year list, **decide which goals you can reasonably accomplish or at least begin within the next year.** This will be your immediate goal list.

If you think you have too many goals on this list, **prioritize.** Decide which goals are reasonable for you to work on this next year.

**For each separate goal, make a list of objectives**—ways in which you are going to proceed to reach this goal. The objectives are the small steps it takes to achieve your major goal. Don't leave out any step that will be necessary for each goal.

**For each objective, set a time limit, a deadline.** Be exact to prevent procrastination.

**Review your goals and objectives.** Be sure your goals are realistic yet present a challenge. Your time limits should keep you busy without causing you to be overwhelmed by stress.

**Make sure all of the goals you have started are really your own goals.** Don't set goals just for the approval of your parents, spouse, children, or friends. Don't set goals just because you think they're "proper" goals. Set goals that do not conflict with your own value system.

**Write these goals down.** Post them where you'll see them frequently.

**Tell someone else what goals you've set.** This may be a family member, friend, or mentor. Voicing your goals to another person reinforces your commitment.

**Start immediately to work toward your goals.** Don't wait for a better time. Do it now!

**Set a specific time each week or month to review your progress.** Find out if you are honoring your timetable. If not, is it a matter of discipline or do you need to revise your plan? Make necessary adjustments and continue toward your goals.

**Reward yourself** in some small way for each objective reached and in a large way for each goal met. You may want to plan out ahead of time what your rewards will be.

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## REVIEWING GOALS AND OBJECTIVES

**Review your goals and objectives.** Be sure your goals are realistic and yet present a challenge. Determine if your time limits are reasonable so that you are working toward your goal but are not overcome by stress.

**Make sure all of the goals you have stated are really your own goals.** Don't set goals just for the approval of your parents, spouse, children, or friends. Don't set goals because you think they're "proper" goals. Set goals that do not conflict with your own value system.

Review each of your three goals by answering the following questions.

**Goal 1:** \_\_\_\_\_

What are the ways that reaching this goal will help you or improve your life?

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- Is this really **your** goal?
- Is this goal consistent with your values? Is it morally right and fair?
- Is this goal clear and specific?
- Do the objectives seem realistic and workable?
- Are your deadlines realistic and achievable?
- Can you commit yourself emotionally to complete/attain this goal?
- Will your plan for achieving this goal work?
- Can you visualize yourself completing this goal?

What are the difficulties or roadblocks—if any—that might keep you from achieving this goal?

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What are actions you can take to overcome difficulties or roadblocks?

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After reviewing this goal, do you feel you should revise the goal and its objectives in any way? If so, how? \_\_\_\_\_

\_\_\_\_\_

**Goal 2:** \_\_\_\_\_

What are the ways that reaching this goal will help you or improve your life?

\_\_\_\_\_

\_\_\_\_\_

- Is this really **your** goal?
- Is this goal consistent with your values? Is it morally right and fair?
- Is this goal clear and specific?
- Do the objectives seem realistic and workable?
- Are your deadlines realistic and achievable?
- Can you commit yourself emotionally to complete/attain this goal?
- Will your plan for achieving this goal work?
- Can you visualize yourself completing this goal?

What are the difficulties or roadblocks—if any—that might keep you from achieving this goal?

\_\_\_\_\_

\_\_\_\_\_

What are actions you can take to overcome difficulties or roadblocks?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

After reviewing this goal, do you feel you should revise the goal and its objectives in any way? If so, how? \_\_\_\_\_

\_\_\_\_\_