How to set goals

Reasonable

- ❑ It is within your control
- ❑ It is set within a time constraint
- ❑ It is within your budget
- ❑ It is within your means
- ❑ It is a meaningful challenge

Achievable

- ❑ It is physically possible for you to meet
- ❑ It is motivated
- ❑ It has a plan to reach it
- ❑ It has a method to reach it

"Good intentions are the only lies the weak tell themselves."
R.L LaFevers

Intentional

- ❑ It is something that you actually want
- ❑ It is something you set your mind to
- ❑ It is something that you make plans for
- ❑ It is something that you create time for
- ❑ It is something that is scheduled
- ❑ It is something that bears weight

A Plan Must Be Had

To have a successful goal, you must also have a plan to get there.

If a teacher has a goal to get her student to appreciate and learn about the anatomy of the body the actions that follow must be specific to that goal.

The actions will not be so general that it will be impossible to accomplish.

The plan will not just be to "teach health."

- I will study the anatomy of the human body and determine what is most vital to teach.
- I will create lessons that focus on each aspect of the body so the student can comprehensively learn it.
- I will spend multiple days teaching over the human body.
- I will use the text book, anatomy explorer, the human body curriculum to teach.
- I will design study tools and assignments for each lesson.
- I will design power points with images to give further clarity.

There must be motivation and inspiration

"healthy food"
"Ways to dress up fruits and veggies"
"shoulder exercises"
"At home workouts"
"fruit infused water recipes"
"sleep patterns"
"quick and healthy breakfast"
"filling and healthy meals"
"low impact exercises"
"apartment friendly exercises"

Where did you get your idea for this goal from?
Why did you create this goal?
Why is this goal important to you?
Does this goal excite you?

What will keep you motivated and inspired?

- Find some social media accounts on the topic that you enjoy
- Find some youtube videos and channels that interest you
- Find some pinterest boards that inspire you
- Read some magazines that cover the content you need
- Reward yourself when a goal is achieved

Example Goal

Create and send applications for my seven top college choices, meeting all deadlines.

Actions / tasks

This week

- ☐ Review application requirements for each school
- ☐ Gather common information needed for all applications
- ☐ Identify different specific requirements needed for each school
- ☐ Create application schedule with deadlines, including financial aid dates

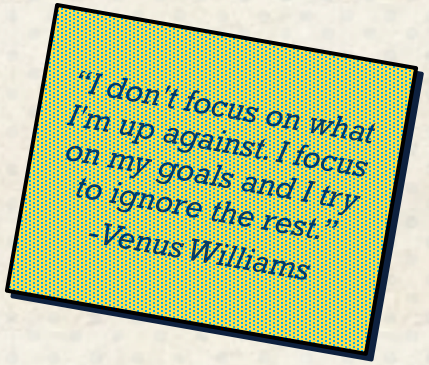
This month

- ☐ Complete common/basic application portions
- ☐ Gather school-specific application information
- ☐ Draft personal and school-specific essays
- ☐ Contact teachers and employers for recommendations
- ☐ Prepare information needed for financial aid applications and send by deadlines.

Within 6 months

- ☐ Complete personal and school-specific essays, including proofreading
- ☐ Complete school-specific application portions
- ☐ Follow-up on recommendations; send thank you notes
- ☐ Submit applications by deadlines!

Inspiration



What does success look like?

All applications completed and submitted on time.

Reward

Bike trip!

Resources

- Official test scores and grades
- Work/volunteer history, with dates and people
- Extracurricular activities
- Recommendations
- School Web sites and contact information
- Financial aid sites and contact information

Reflection

* When it's all over, reflect on the process and the outcome. *

Goal

Inspiration

Reward

Actions/Tasks

This Week

This Month

Within Six months

Resources

What does success look like

Reflection

Goal

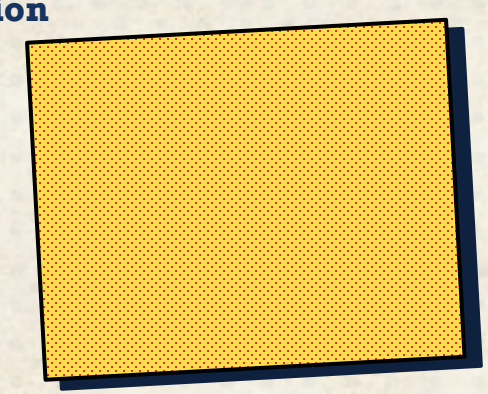
Actions/Tasks

This Week

This Month

Within Six Months

Inspiration



What does Success Look Like

Reward

Resources

Reflection