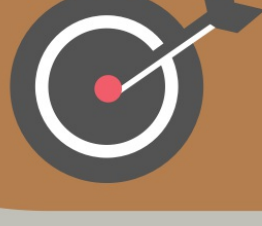


SUCCESSFUL



GOAL SETTING



What is a goal?

A goal is something a person wants to accomplish.

What is goal setting?

Goal setting is the process of planning how you will accomplish the goal successfully.



What are some different goal categories?



Tips for goal setting



Define your dreams & goals

Evaluate & Reflect



Set goals that motivate you

Keep them few in #



Define your dreams & goals

Make them S.M.A.R.T.



Write them down

Review them frequently



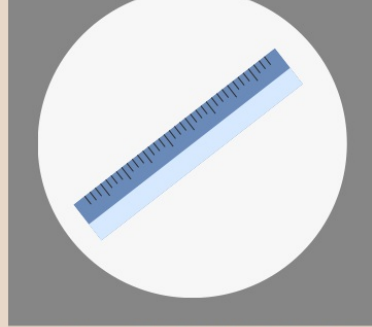
What is S.M.A.R.T?

S.M.A.R.T. is an acronym for:



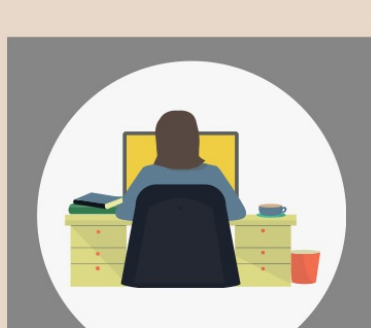
S = SPECIFIC

Details!! Be sure to make your goal as clear & detailed as possible.



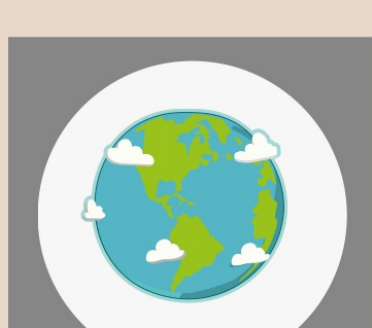
M = MEASURABLE

Make sure your goal is measurable. If you can picture how to reach it, you can picture accomplishing it!!



A = ATTAINABLE

Is your goal challenging? Good! But don't over do it. You want your goal to make you grow, not defeat you.



R = REALISTIC

Know what you are capable of & believe in yourself. What has worked in the past? What has not worked?



T = TIMELY

Set a date!! Setting small goals along the way & an overall goal will help you continue to move forward.

@beckrhoades

icehp.org

This workforce solution was funded \$6,458,050 (100% of its total cost), from a grant awarded under the Trade Adjustment Assistance Community College and Career Training Grants, as implemented by the U.S. Department of Labor's Employment and Training Administration. (#TC-26479-14-60-A-16). The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information linked on sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability or ownership. Equal Opportunity Institutions. Auxiliary aids and services are available upon request to individuals with disabilities.

This work is licensed under a Creative Commons Attribution 4.0 International License.

