GOALS

“A Goal without a plan is just a wish”

Goals are motivating, creating more effort and persistence. They direct our attention and give us a reference point, stimulating our subconscious mind.

To be effective goals need to be based on our values and be SMART:

**Specific** What *exactly* will you accomplish?

**Measurable** How will you (and others) know when you have reached your goal?

**Action-Oriented** What are some actions you could take as your first step?

**Realistic** Is this goal possible? Is it challenging enough? Do you have the resources to accomplish it?

**Timely** When will you achieve this goal?

Goals need to be detailed and map out a clear path. We need to know where we are and where we want to be. We need to be actively engaged in the pursuit of our goals. We must believe that our goals are 100% achievable. Finally, our goals need to have a deadline, at which point we can evaluate our performance.

Writing a SMART goal:

* By (deadline), I will (goal) by (action).
* Example: By Wednesday, I will complete my Field Interviews Paper, by using the bits and pieces approach and completing 1-2 pages per day.

Your SMART goal for the week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_