



The National Honor Societies proudly present this series of tools to help you get #FutureReady. Use these to plan your day, your year, and your career.



# GOAL SETTING

## Why is this important?

Goals play a major role in our day-to-day lives. Whether the goal is as minor as completing the task of walking the dog or as major as choosing a career path, goals are important to keep us motivated and fresh.

## What is a goal?



- The dictionary says a goal is “**the object of a person’s ambition or effort; an aim or desired result.**”
- A goal is a **personal** and **defined series** of actions that result in achieving a task.

## What is your personal definition of a goal?

## Are there different types of goals?



- **Short-Term Goals**  
*Goals that will be achieved in the very near future—perhaps in the coming days or weeks*
- **Mid-Term Goals**  
*Goals that will be achieved in the future—perhaps in the coming months or years*
- **Long-Term Goals**  
*Goals that will be achieved in the distant future—perhaps in 3–5 years or more*

## What is the end result of a goal?



- **Goals** should be purposeful and strive to a positive outcome.

## What are examples of goals?



- “I would like to have an **A in science** next quarter.”
- “I want to **turn in 100%** of my homework assignments.”
- “I would like to **finish my chores** each day before video games or hanging with friends.”
- **Give another example of a goal**

## Are there different types of goals?

One way to set a goal is by using the **SMART** goal tactic.

**SMART is an acronym for:**

- **SPECIFIC**
  - What will this goal accomplish? Define your goal.
- **MEASURABLE**
  - How will you determine whether or not the goal has been reached?
- **ACHIEVABLE**
  - Is this goal possible? Do you know of others that have done it successfully? What knowledge and skills do you have to reach the goal?
- **RELEVANT**
  - How is this particular goal related to you currently or in the future?
- **TIME-BASED**
  - When will you complete the goal? Is this an appropriate time frame?



## NEXT STEPS



- **Set a goal of your own using the SMART GOALS worksheet.**
- **Share your goal with a friend or trusted adult.**
  - o This creates accountability—someone for you to rely on to keep you motivated.
- **Check in with yourself and ask these questions:**
  - o Did you reach your goal? Why or why not?
  - o What resources or skills did you use to obtain your goal?
  - o If you did not reach your goal, what could you do differently next time to reach your goal? What were your challenges in not reaching the goal?

#FUTUREADY

