

Goal Setting

Information for the Leadership Advisory Board



Each time one has an opportunity to start something, it is important that there is a clear vision. This is done by writing goal statements that match back to the vision. It really does not matter if we are starting with a new job, moving to a new community, or preparing for the SAT's, each time one starts something new they should always have a plan. Having a plan means they are laying out a blue print to achieve success. In order to do this, we must set goals for ourselves to achieve.

Why set goals? Did you know that if you set goals to reach for yourself, you are twice as likely to reach them? Goal statements are powerful. According to Fritz, Brown, Lunde, and Basnet (2005), there are four reasons to write goal statements. These include:

Goal statements provide us with motivation, energy, and enthusiasm.

Goal statements provide direction and keep us on track.

Goal statements ensure greater success.

Goal statements build confidence in us.

How to write goals statements. Now that we see why we should write goals, lets talk about *HOW* to write them. There are just a few simple rules you need to know when writing goal statements.

Rule 1: Make sure the goal is something you really want and not something that just sounds good.

Rule 2: Always write the goal in a positive manner.

Rule 3: Be specific about your goal.

Rule 4: Place a time frame on your goal statement.

Rule 5: Make the goal statement measurable.

Reviewing your goal statements with others. Even though you should write goal statements that you want to reach, it is important that you review them with others that are connected to the goal. This could include family, friends, or co-workers. They can help you determine if your goal statement is realistic and can be met. It also allows for everyone to clearly understand what the goal is you are attempting to accomplish.

What to do with these goal statements. After you have written your goal statement and reviewed it with someone, it is time to post it where you can see it. Seeing your goal everyday will make you much more likely to reach it. Most people post their goals on their mirror in the bathroom so they see it every time they brush their teeth. It is always good to place these goal statements in your wallet or purse, your school locker, or the refrigerator. You can place it anywhere you like just as long as you can see it often.

Success comes to those who work the hardest. Being successful is based on setting goals and going out and accomplishing them. So, follow these easy steps and set your goals!!!



“The world makes way for the man who knows where he is going.”

~ Ralph Waldo Emerson