

Goal setting: Make it happen



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What is goal?

A goal is an idea of the future or desired result that a person or a group of people envision, plan and commit to achieve.

WHY SHOULD I HAVE A GOAL?

Setting goals gives you long-term vision and short-term motivation .

It focuses on your acquisition of knowledge and helps you to organize your time and your resources so that you can make the most of your life.



How to reach my goal?

Plan ahead -
do your work
ahead of time.



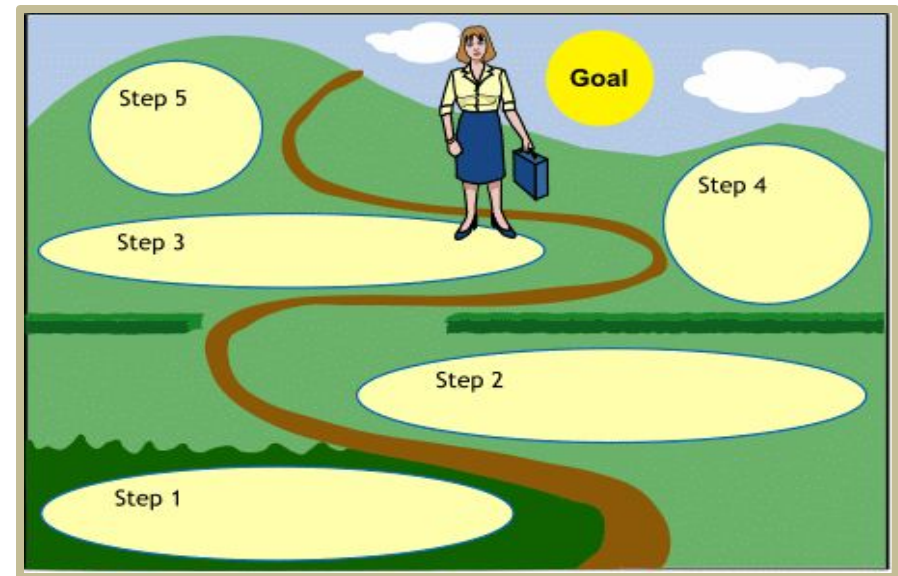
If you keep quiet or wait for things to happen, can you achieve the goal?

Hard work, dedication , planning and managing your time can help you reach your goal.



Steps to reach my goal

- ❑ Decide what you want to accomplish.
- ❑ Listen to others suggestions.
- ❑ List the steps, what you need to do to get what you want.
- ❑ Put the steps in their proper sequence.
- ❑ Start on the first step.
- ❑ Keep trying.



Short term goals

A short-term goal is something you want to do in the near future. The near future can mean today, this week, this month, or even this year. A short-term goal is something you want to accomplish soon.

How?

- Pair your goals with action.
- Being flexible is important.



Short term goals

Examples include:

- ❑ Speak on the assembly topic on the given topic.
- ❑ Improve my typing skills.
- ❑ To prepare my Resume.
- ❑ Attend an interview.
- ❑ Buy a new mobile.



Long term goals

A long-term goal is something you want to do further in the future. Long-term goals require time and planning.

- Work backwards. Think about what you want to achieve, then plan steps going back to what you can do right now.
- Write down what you need to do each month to achieve our goals.
- After each monthly goal is achieved, look at your goals and adjust them as needed.



Long term goals

Examples include:

- Growth in professional career.
- Plan to repay loans.
- Build your dream house.
- Boost your career by enrolling for higher education.
- Marriage.
- To buy a vehicle.



Smart goals

Make sure the goals you set are aligned with the five SMART criteria

S - Specific

M - Measurable

A - Attainable /Achievable

R - Relevant

T - Time-Bound



Goals - Some Examples

Education



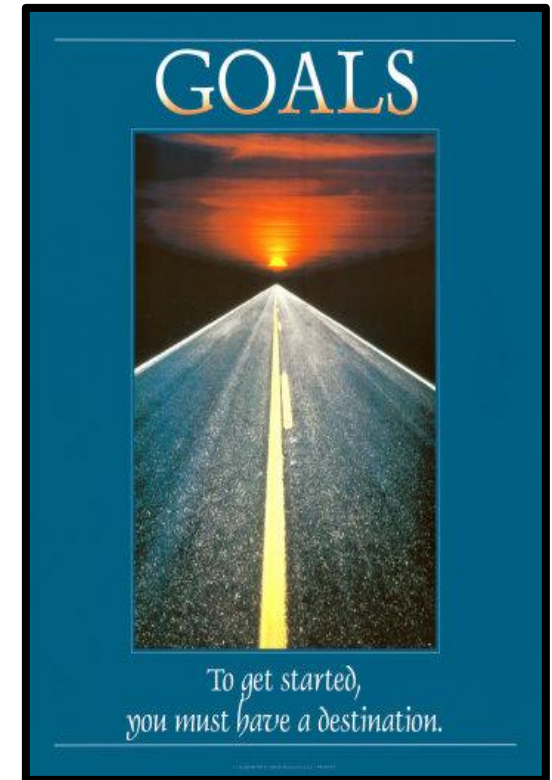
Earning money



**Getting a gift for
someone you love**

Importance of Goals in Life

- Goals give you focus.
- Goals help you measure progress.
- Goals help you stay motivated.
- Goals help you determine what you want in life.
- It leads to greater success and performance.

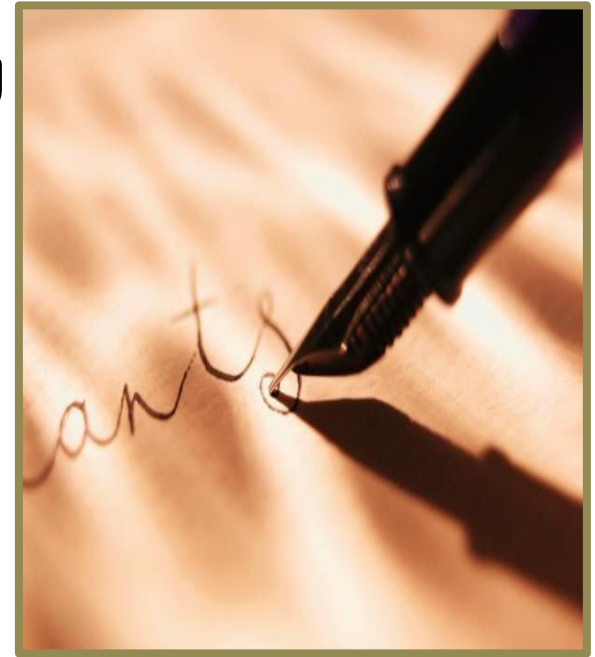


Plan Your Work and Work Your Plan

Create Goals -Think about something you want to accomplish or own (Write it down in your diary) and be ready to share with others.

Making a Plan to reach a desired outcome.

**Action your plan to reach your goal
Be positive and realistic.**



What are the benefits of planning ?

- ❖ You can keep your focus on your goal.
- ❖ You can use your time wisely.
- ❖ You can look for people who can help reach your goal.
- ❖ You can save your time, money and effort for your goal.
- ❖ You feel encouraged when you see progress towards your goal, you develop a positive attitude.
- ❖ Planning allows you to ‘make it happen’, instead of ‘waiting for it to happen’
- ❖ When you wait for it to happen, you may never reach your goal



What if I do not plan ????????

- ❖ You may feel hopeless about not reaching your goal which adds to stress/depression.
- ❖ You waste time, money, and effort on things that don't help reach your goal.
- ❖ You can miss opportunities because you are not looking for them.
- ❖ You lose your focus. Can't manage emotions.
- ❖ You might make excuses for not making progress.
(towards your goal)



Overcoming Obstacles

- Think about possible obstacles and what you could do to get around them.
- If the unexpected happens, don't be surprised and don't give up.
- Critical thinking is the need of the hour.
- Think about who might help you reach your goal and talk to them about the steps you plan to take.
- Use the steps earlier shown/discussed to make your plans.
- Also name possible obstacles and how it can be tackled/who will help?



How to reach my goal?

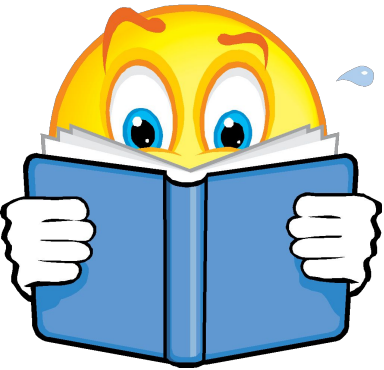


Set a goal



Smart goal

GROUP ACTIVITY



Each group, brainstorm the topic on 'Goal setting' (long term goals). The topics are :



1. Earning money to support your family.
2. Getting a gift for your parents on their anniversary.
3. How do I invest smartly?
4. How do I get promoted as a team leader?



Personal application

**Do you have any personal goal to achieve?
(short term goals)**

Make a plan towards achieving the goal.

Make a pair and have them share their goal plans.

Present your goal and the steps to reach it.



Summary

1. How can setting a goal give me an advantage in life?
2. What happens if goal is not set in one's life?
3. How does SMART model in goal setting and how does it help us to reach one's goal?
4. Do you require a positive attitude to reach your goal?

Summary

5. What are the consequences if we plan properly to reach our goal?
6. Do you think that by changing one's lifestyle, one can reach the goal easily?
7. What are the potential obstacles towards our goals?
8. How to deal with a situation where you failed to reach your goal even after putting your best effort?