

ARE YOUR GOALS SMART?

Tips for writing Goals: (S.M.A.R.T.)

Specific- What exactly are you going to Achieve? Be precise! Saying, "I am going to get in shape," is not as effective as, "I am going to run on mile per day."

Measurable- Quantify your objectives. Don't just say, "I want to get good grades." Say instead, I want to get all As.

Achievable- Are you trying to do too much? Remember, you have to have a good work-life-school-family-friends balance.

Realistic- (but challenging!) Instead of saying, "I am going to win the the Nobel Peace Prize," start by saying "I am going to get a scholarship in science!"

Timed- Set time limits such as, "I am going to have my AA degree by Fall of 2009."

Other tips:

1. Put your goals in a place that you will see them often!
2. Personal Goals may include goals involving the following: fitness, personal, spiritual, friends, family, travel, or money.
3. Share your goals with others. Your friends, family, and colleagues can be your biggest support, and they will not only give you ideas, but they will hold you accountable for achieving your dreams. College advisors and professors can also be some of your biggest allies.

Dream Digging/Idea Exchange Exercise

Created by Bill Johnson

Dream Digging Questions: What do you want? What's stopping you? What are you going to do about it?

What keeps you from accomplishing your goals/dreams?

- Fear of: failure, disappointment, recognition, success
- Lack of: money, time, resources, confidence, support
- If I was only: older, younger, richer, smarter, taller, thinner, more realistic

Dream Digging Questions: What do you want to do? What do you want to have? Where do you want to go? What do you want to give? What do you want to become? What do you want to learn? What do you want to change? Who do you want to spend my time with? How much do you want?

Some Ideas of Goals/Dreams

<p>Career/Education</p> <ul style="list-style-type: none"> ▪ I want to get my bachelors, masters, and/or doctorate degree(s). ▪ I want to start/own my own business. ▪ I want to find a major/career that I enjoy. ▪ I want to raise/get grant money. ▪ I want a new job or to change my current job. <p>I want:</p>	<p>Financial/Monetary</p> <ul style="list-style-type: none"> ▪ I want to make (more) money and/or spend less money. ▪ I want to create a budget. ▪ I want to pay off my credit cards. ▪ I want to save (more) for retirement. ▪ I want a new/nicer home and/or car. <p>I want:</p>
<p>Health/Wellness</p> <ul style="list-style-type: none"> ▪ I want to decrease/increase my weight. ▪ I want to reduce stress/relax more. ▪ I want to change my diet (i.e. eat healthier). ▪ I want to stop smoking. ▪ I want to exercise (more/regularly). <p>I want:</p>	<p>Family/Friends/Relationships</p> <ul style="list-style-type: none"> ▪ I want to have kids. ▪ I want to be a better parent and/or sibling. ▪ I want to be (more) available to my friends. ▪ I want to spend (more) time with my family. ▪ I want to be in a loving relationship. <p>I want:</p>
<p>Personal/Emotional</p> <ul style="list-style-type: none"> ▪ I want to manage my time/schedule better. ▪ I want to be (more) accountable/responsible for my actions. ▪ I want to be a (more) patient person. ▪ I want to include (more) happiness in my life. ▪ I want to incorporate (more) positive people in my life. <p>I want:</p>	<p>Recreation/Leisure/Fun</p> <ul style="list-style-type: none"> ▪ I want to do more social activities that I love. ▪ I want to start a new hobby (or continue with an old one). ▪ I want to spend more time outdoors. ▪ I want to start a journal/write (or write more). ▪ I want to be (more) involved in the arts (art, music, dance, etc.). <p>I want:</p>
<p>Service/Community</p> <ul style="list-style-type: none"> ▪ I want to get (more) involved in the community. ▪ I want to get involved with a charity. ▪ I want to work on a project that helps others. ▪ I want to volunteer more. ▪ I want to be of service to others. <p>I want:</p>	<p>Spiritual/Religious</p> <ul style="list-style-type: none"> ▪ I want to incorporate yoga/meditation in my life. ▪ I want to serve a higher power (more). ▪ I want to feel inner peace. ▪ I want to attend a place of worship (more). ▪ I want to know my purpose in life. <p>I want:</p>

NAME: _____

DATE: _____

TO DO LIST (OF GOALS)	DONE
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