

"Goal setting is about building staircases towards your dreams. When you get to the top of one, it becomes the start of another."

- JUSTIN ABDON, COMMONWEALTH GAMES CHAMPION - WRESTLING

Celebrate

Develop A Plan

Gather Support

Identify Obstacles

Develop Desire

Select and Write It Down

Brainstorm

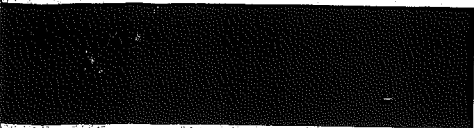
April 20

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dream

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*"You can complain  
because roses have  
thorns, or you can  
rejoice because thorns  
have roses."  
- ZIGGY*


Brainstorming is the first step in deciding group or individual goals. The goal of brainstorming is to produce as many ideas as possible in a relatively short period of time. All ideas should be accepted. At this point, the goal is quantity rather than quality.

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Now that you have brainstormed a number of viable options, it is important to narrow the selection. Once you have decided on your group goal, work through the remainder of the "7-Steps to Success" formula. See your goal become a reality!



Goals must be written down. Words have maximum impact when they are written and then repeatedly re-written. When we write our goals down we make them a priority.



"A goal not  
written is only  
a wish"  
- ANONYMOUS

GOAL:

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**Develop Desire**

Research suggests that many people fail to achieve success because they lack clear reasons for doing so.

Don't let this prevent you from being successful! Spend time thinking about why you want to achieve your goal then write the reasons or benefits down on paper.

Rocket fuel is a powerful release of energy. Intense desire can do the same for human achievement.

In order to build or intensify desire and passion, you must remind yourself of why you're striving to achieve that particular goal.

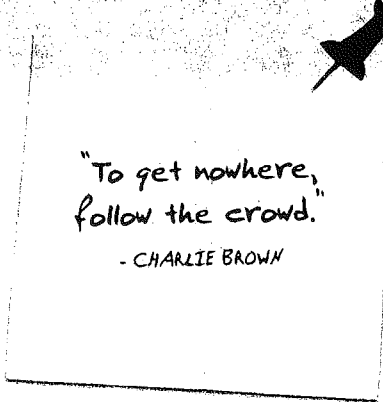
Write your goal down, and then list the benefits of attaining your goal.

**Goal:**

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**Reasons or Benefits:**

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## Rubric for Summary Reflection Paper & Goal-Setting Handout

	<b>Beginning 1</b>	<b>Developing 2</b>	<b>Accomplished 3</b>	<b>Exemplary 4</b>	<b>Score</b>
<b>SMART Goal Setting  HANDOUT/ PAPER</b>	The components of SMART goals are not stated, are unclear and/or poorly constructed.	Some of the components of a SMART goal are stated. May be unclear and/or vaguely constructed.	4 - 5 components of a SMART goal are stated. May need work on clarity and construction.	Each of the 5 components of a SMART goal are clearly stated and well constructed.	_____
<b>Educational Goal  HANDOUT/ PAPER</b>	Student either did not create a goal or it was not educationally focused.	Student created an educational goal; however, it was not within the one year time period.	Student created a 1 year educational goal.	Student created a comprehensive 1 year educational goal.	_____
<b>Written Communication  PAPER</b>	Writing has many misspellings and grammatical errors; the content is poorly organized and not in line with the assignment requirements.	Writing indicates presence of some spelling errors and grammatical mistakes but the content is focused.	Writing contains minimal spelling errors and grammatical mistakes, and the writing is logical and fluid.	Writing indicates the ability to express ideas in an articulate and logical manner without spelling or grammatical errors.	_____
<b>Critical Thinking  PAPER</b>	Student does not demonstrate the ability to make connections and elaborate on values, goals, and educational planning.	Student is beginning to make connections and elaborate on values, goals, and educational planning.	Student satisfactorily makes connections between and elaborates on values, goals, and educational planning.	Student is proficient in making connections between and elaborating on values, goals, and educational planning.	_____
<b>Self-awareness  PAPER</b>	Student is unable to demonstrate awareness of his/her values, interests, skills, and expectations and does not demonstrate the ability to make connection to educational planning.	Student demonstrates a beginning level of awareness of his/her values, interests, skills, and expectations; connections to educational planning are weak.	Student demonstrates a higher level of awareness related to values, interests, skills, and expectations, or is able to apply them to educational planning. Student has not yet developed the skill in both areas.	Student demonstrates awareness of his/her values, interests, skills, and/or expectations and successfully applies them to their educational planning.	_____
<b>Goal Setting Steps  PAPER</b>	Student addresses fewer than 3 goal setting steps and/or steps are poorly articulated and lack comprehension of goal setting steps.	Student addresses 3-6 goal setting steps. Steps may be unclear and/or vaguely constructed.	Student satisfactorily addresses 5-6 goal setting steps. Ideas are approaching exemplary; however, lack further elaboration.	Student thoroughly addresses and describes all 6 goal setting steps: costs, benefits, obstacles, overcoming obstacles, action steps, affirmations/rewards.	_____



# IDENTITY

Identify potential "obstacles" you may be faced with when striving to achieve your goal. Then determine a strategy for dealing with these obstacles.



"The Gem cannot be polished without friction"  
- CHINESE PROVERB

Obstacles:

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Strategy:

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dream

AN OBSTACLE IS:

The nicotine in tobacco is one of the most addictive substances scientists know of. About eight out of every 10 people who try smoking get hooked.

**GATHER**

Identifying the support you will need to acquire is a critical step in the Goal Setting process.



*"Keep company with those who make you better"*  
- ENGLISH SAYING

1. Research your subject. Identify the skills you will need to achieve your goal.
2. Do you know people who have accomplished what you're seeking? Talk to them. Get their input and ideas.
3. What community groups, organizations and/or associations could help you reach your goal?

**Make a list of the support you will need:**

**Knowledge/Skills**

■ _____	■ _____
■ _____	■ _____
■ _____	■ _____

**People**

■ _____	■ _____
■ _____	■ _____
■ _____	■ _____

**Organizations/Books**

■ _____	■ _____
■ _____	■ _____
■ _____	■ _____





**ACTION**



*"People don't plan to fail, but a lot of people fail to plan."*

*- DANIEL IGALI,  
2000 OLYMPIC CHAMPION*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Time Frame/Deadline: \_\_\_\_\_

Using a linear map strategy, chart out what needs to be done and by what date. Start with your end date and work backwards.

Action:

Date to be completed:

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Materials/Resources needed:

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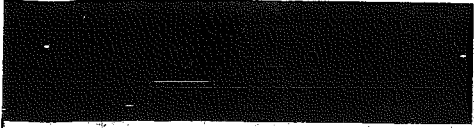
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"To drift is to be  
in hell; to be in  
heaven is to steer."

- GEORGE BERNARD SHAW

How will you celebrate when you reach your goal? Describe it or draw it!

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