



# Setting Achievable Goals

# Resolutions and Goals

- A new year means a new start. Many of us begin the new year with resolutions i.e. a firm decision to do/not do something. We set out with great intentions to do better at home, at school, with our hobbies and with our friends. The challenge with resolutions is, once broken, they can create a sense of failure that can be demotivating.
- Framing our desire for change in terms of goals may help to overcome this, for these are aims/desired results. Successful attainment is the product of effort and ambition. That means taking sustained steps each day towards our goal. Yes, it is inevitable there will be stumbling blocks along the way. Part of realising the goal is finding ways to overcome such obstacles.

# Resolutions and Goals

Discuss:

**What is the  
difference between  
a goal and a  
resolution?**

# How to Set Goals

## 1. Be Realistic

Too many of us fail because the goals we set are not realistic, and we under-estimate the time, cost, and effort involved in reaching them. Think about a goal that is doable for you and then consider the changes in behaviour and adjustments to your daily routine you need to make to achieve this.

E.g. Instead of, *“I want to play for \_\_\_\_.”* (famous football team).

Consider targets you can work on to make your game better.

*“I will make 10 accurate passes with both left and right feet during a competitive game.”*

This places achieving the goal within your control.

# How to Set Goals

Next think about the steps needed to reach your goal and who can help you.

If you want to develop your passing ability on your weaker foot,

- Who can coach you in this area?
- What players can you learn from?
- What drills will enable you to develop this skill?
- How much practice will you put in daily to realise this ambition?
- When can you find the time for this?

Along the way, those behavioural changes and adjustments to your routine aimed at developing one aspect of your game may just become the habits you need to achieve the ultimate dream!

# How to Set Goals

## 2. Own Your Goals!

Set targets that are relevant to you. Do not set a target that you know someone else wants you to achieve; pick goals that are important to you.

- Think about what you would like for yourself.
- How do you envision your life being better if you achieve this goal?
- Does this goal build on past successes?

# How to Set Goals

## 3. Use specific language in setting a goal that is measurable.

Being precise in the language used to set your goals enables you to stay focused, and you will know when you have attained it.

E.g. Instead of *“I want to get better at times tables.”*

What does “better” mean? Would another person understand what it is you are hoping to achieve? Being specific ensures meaning is clear.

*“I will be able to answer 3x, 6x and 9x tables questions (within 3 seconds) with 95% accuracy per minute of testing.”*

# How to Set Goals

## 4. **Set milestones** to chart your progress.

By setting markers along the way, you can focus on small, incremental steps and see results begin to happen. This will help you to stay motivated.

With the times tables target, keep track of your results and the time taken to complete drills.

- Are you knocking seconds off each time you do them?
- Is your accuracy improving with each round of practice?

You can check off once you have achieved the 3x tables goal before working on 6x and 9x.

You may find yourself achieving 100% accuracy as your skills are now so well-developed.



# How to Set Goals

5. **Set a time-frame** for achievement of your goal.

Without a time-frame, there is no sense of urgency to achieve anything. As time drags on, with no end in sight, how will you feel?

# How to Set Goals

## 6. **Chart your actions** towards achieving your goal.

Successful achievement of your goals is dependent upon the steps you take. Your behaviour is what will determine whether or not you are successful.

- How much time are you going to devote to achieving your goal?
- Are you going to involve others in helping you reach your aim?
- Who are you going to ask and when?
- Where can you log your actions towards achieving your goal – in a diary, calendar, a chart, or your computer?

# How to Set Goals

Recording your actions is a positive reminder you are being proactive. It may help you to remain motivated if there is a pause in your progress towards achieving your aim.

Note also any obstacles you faced and how you overcame them. This will remind you of your strength and resilience.

# What are some of the key attributes you will need to reach your goals?

Create a key words list.

How does your list compare with the one on the next slide?

# What are some of the key attributes you will need to reach your goals?

Backbone

Bravery

Commitment

Courage

Decidedness

Dedication

Determination

Doggedness

Energy

Fearlessness

Focus

Intention

Obstinacy

Perseverance

Persistence

Purpose

Single-mindedness

Strength of character

Strong-mindedness

Stubbornness

Resoluteness

Resolve

Tenacity

Will power

# Setting Goals

Did you know George T. Doran came up with the concept of S.M.A.R.T. targets in 1981? (How many years ago was that?)

He considered targets should be:

- **S**pecific
- **M**easurable
- **A**chievable
- **R**elevant
- **T**ime-bound

Have a go at writing your goals for the new year in S.M.A.R.T. format.

# Setting Goals

When thinking about your goals, think about the roles you have and the different things you do.

Your roles might include being a son/daughter, a brother/sister, friend, student, prefect, team-mate, musician, actor, dancer, athlete etc.

You might want to consider things you do at home, at school, in your community, your hobbies etc.

- Are there aspects of your roles or the things you do you would like to change?
- What improvements would you like to make?
- How do you think they would make your life better overall?

When you are ready, **use the S.M.A.R.T format to set your goals.**

<b>My Goal</b>	<b>When writing your goal, bear in mind the guidelines and questions below.</b>
Specific	<p>Have I used specific words to write a clear goal?</p> <p>Could others easily understand my goal if I shared it with them?</p>
Measurable	<p>Can I track progress towards attainment of my goal?</p> <p>Where will I chart my actions towards achievement?</p> <p>What are some anticipated successful milestones along the way?</p>
Attainable	<p>What changes to my behaviour and routine do I need to make to achieve this goal?</p> <p>Who can I ask to help me?</p> <p>What support would I like from others along the way?</p>
Relevant	<p>Am I writing this goal for me?</p> <p>Is the goal something I want to achieve?</p> <p>How do I foresee my life being better if I reach this goal?</p>
Time-bound	<p>What is the time-frame for achieving my goal?</p> <p>Have I thought of some check-points/markers along the way?</p>