



Goal Setting

Setting goals is an important aspect of life. Think of a short-term goal (something to achieve in the next 6-12 months) and work through the following questions together. Once you have worked through a short term goal, try to come up with a long term goal (something to achieve in the next 3-5 years).

Short term goal to achieve in the next 6-12 months

Specific: What exactly will you accomplish?

Measurable: How will you know when you have reached this goal?

Achievable: Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?

Relevant: Why is this goal significant to your life?

Timely: When will you achieve this goal?

This goal is important because:

The benefits of achieving this goal will be:

Potential Obstacles

Potential Solutions

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Who are the people you will ask to help you?

Specific Action Steps: What steps need to be taken to get you to your goal?

What steps to take	Expected Completion Date

There may be times where we need to adjust our goals. Ask your mentor, what goals did they have when they were in Year 9? What goals do they have now? Have they adjusted their goals and if so, how?

Long term goal to achieve in the next 3-5 years

Specific: What exactly will you accomplish?

Measurable: How will you know when you have reached this goal?

Achievable: Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?

Relevant: Why is this goal significant to your life?

Timely: When will you achieve this goal?

This goal is important because:

The benefits of achieving this goal will be:

Potential Obstacles

Potential Solutions

Who are the people you will ask to help you?

Specific Action Steps: What steps need to be taken to get you to your goal?

What steps to take	Expected Completion Date

Congratulations on completing your action plan to achieve your goals!