



# Goal Setting

*Learning how to set goals and achieve them is a really great skill. Sometimes, it is not as easy as it looks. We're here to help!*



Firstly, it is good to work out what you are trying to achieve. It could be something you want to achieve next week or in 5 years' time. Your goal might be to become a nurse, the next captain of your hockey team, or simply that you want to be a good friend. This is your **aspiration or goal**.

## **STEP 1: Write down your goal.**

*My goal is:* \_\_\_\_\_

To help you achieve this goal, it can be useful to break down your goal into some smaller steps. These are the **stepping stones** that will lead you to your goal.

## **STEP 2: Write down three steps that will help you to achieve your goal.**

*Three things I will do to achieve my goal are:*

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
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In life, we also need strong values to support us to achieve goals. Values can include things like respect, resilience, persistence and honesty. Your school may also have their own values, what are they? What other values do you have?

For example, if you want to be a better friend, you may think that **respect** for others is good value to have.

## **STEP 3: Write down three values that can help you achieve your goal.**

*Three values that will help me achieve my goal are:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*You might not achieve your goal straight away and that is okay! Thinking about these things will definitely help you along the way.*

### **Extra activity!**

Create a way to track the progress of your goal. You may wish to:

- Keep a diary on how you are going towards your goal, OR
- Create a list which allows you to *tick off* activities or stepping stones, when you have completed them, OR
- *Film* yourself as you try and talk about your progress towards your goal. You could turn this into a short film!